AN APOLOGY AT LAST

Feds to compensate the Sayisi Dene for uprooting and destroying their community metroNEWS





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Your essential daily news | wednesday, august 17, 2016

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Reality vs. perception

SAFETY

Bowman reacts to poll that suggests Canadians see city as dangerous



Stephanie Taylor Metro Winnipeg

If Winnipeg's mayor is at all bothered by a new poll that suggests Canadians feel our city is dangerous, he isn't letting it show.

Brian Bowman was joined by Danya Spiring, president and CEO of Economic Development Winnipeg, on Tuesday to address the recent findings of a Mainstreet Research-Postmedia poll.

Pollsters surveyed 4,213 Canadians about how safe they felt in each of the country's 15 major cities. Ottawa ranked No. 1, while ours scored the lowest.

"I do recognize that the perception and the reality don't always jive," Bowman told reporters. He said his initial reaction to the poll's findings was there is still more work to be done in order to send the message that our city is not only safe, but a great place to be, which he knew before being elected mayor.

"We want to make sure that the crime stats are going in the right direction, we want to make sure that we have the tourism assets to attract international visitors as we do, we want to make sure that we're hosting events that give us an opportunity to shine on the national stage," said Bowman.

Despite what those in other cities think, he said recent tourism numbers don't lie.

Bowman bragged that tourism rates have increased, pointing to the around 500,000 people who attended Folklorama and left with what he said were positive impressions.

"Our challenge is to continue to make improvements to the number of people that are visiting here and to go out to other Canadian cities to make our case why Winnipeg is such an incredible place to visit and to invest in."



See Page 7

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HEWS.

Your essential daily news

Chef Massimo Bottura feeds Rio's homeless with Olympics leftovers. World

Apology accepted



PASTTIME

Above: A resident of Duck Lake post, Nejanilini Lake, Northern Manitoba. Duck Lake was the traditional home of the Sayisi Dene First Nation. Right: Mary Ann Thorassie takes a break from cutting wood around Duck Lake post.

PHOTOS RICHARD HARRINGTON, CIRCA 1947, COURTESY HUDSON'S BAY COMPANY ARCHIVES, ARCHIVES OF MANITOBA



FIRST NATIONS

Dene agree to compensation for their forced relocation

The Canadian government has apologized and will provide millions in compensation for the forced relocation of the Sayisi Dene First Nation 60 years ago in northern Manitoba.

The move has been widely blamed for causing unnecessary deaths, hunger and a wave of violence that swept through the community.

Indigenous and Northern Affairs Minister Carolyn Bennett is fulfilling an agreement reached three years ago with the Sayisi Dene, a community of about 300 people living in northern Manitoba.

Bennett is apologizing three times at events in Winnipeg, Churchill and Tadoule Lake. The Dene are also receiving a \$33.6-million compensation package from the federal government, deposited in a community trust.

"Without proper consultation, without explanation and without adequate planning, the federal government took your people from the land and the waters that sustained you," Bennett said. "It is unbearable to consider what you lost during the years in Churchill. No one, and no people, should have had to experience such treatment in Canadian society." Chief Ernest Bussidor was born one month before his family and about other residents were forced from their homes in Duck Lake. Man. in 1956, to an icy riverbank near Churchill, Man.

"I probably witnessed a lot more tragic events than I should have ... and most of us of that generation have that same notion," Bussidor said. "A lot of children died. That kind of stuff never leaves you."

"People freezing to death, fires, you name it."

The Sayisi Dene were relocated about 250 kilometres east because the provincial and federal governments believed they were causing a steep decline in the caribou herd — which was later proved to be untrue. In their new location near Churchill, food was scarce and housing inadequate. Many of the Dene lived in tents, scavenged the local dump for meals and were assaulted by Churchill residents.

About one-third of the relocated Dene died "as a result of poverty, racism and violence," the Manitoba government said in a 2010 apology.

Whether the apology and money is too little too late is up for debate among members of the community, said Jeff Harris, one of the lawyers who helped the Sayisi Dene negotiate the compensation package with the government.

By the 1970s, members of the community began walking west, back toward their traditional territory, to set up camp at Tadoule Lake.

The federal apology comes with a settlement package aimed partly at economic development, which was approved by the community three years ago. About \$5 million from the package is being divided among 150 people who survived the initial move to Churchill, in allotments of \$15,000 to \$20,000 each.

The rest of the trust money will be used for programs benefiting the Dene. Bussidor said the money will help the community's youth, but seems a bit "hollow."

"I'm 60 today, and 60 years it took for the government to step up and say that something was wrongfully done to your people."

Still, some are grateful for the apology and compensation, Harris said.

"I think they've designed an excellent trust that should support their aspirations for something for the future," he said.

"The future is up to them."
TORSTAR NEWS SERVICE & THE CANADIAN
DRESS



I probably witnessed a lot more tragic events than I should have ... A lot of children died. That kind of stuff never leaves you.

Chief Ernest Bussidor





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The West End 24-hour safe space has seen hundreds of youth walk through its doors in two months. STEPHANIE TAYLOR/METRO

'A stride forward for the West End'

SAFE SPACE

Overnight drop-in for youth draws hundreds



Stephanie Taylor Metro | Winnipeg

The popularity of an overnight drop-in that gives refuge to young people in Winnipeg's west end has exceeded expectations, says a program manager.

Lin Howes works for the Spence Neighbourhood Association, which launched the West End 24-hour safe space at the Magnus Elisaon Recreation Centre, back in June.

She calls the space, "a stride forward for the West End."

"It's been very busy. Busier than we had anticipated," Howes said in a recent interview.

In a previous interview with Metro, association executive director, Jamil Mahmood, said the idea for an overnight drop-in began after young people said they did not feel safe in the area.

Statistics provided by the association shows that during June and July, the program, which runs from 11 a.m. to 7 a.m., saw 553 visits.

In June, the centre was open over two weekends, but has been operating seven days a week in July and so far in August.

"It's not just for homeless youth, it's not just for sexualized, exploited youth, it's not just for the occasional youth who doesn't want to home for one reason or another," Howes said of the program.

"It serves all of those groups and then some."

She characterized the mood at the drop-in as "kind" and "loving," with the teens offering emotional support for one another, while others assist volunteers prepare meals.

"Whatever tasks are available it seems like the youth are eager to take that on," said Howes.

"That's what youth are look-



That's what youth are looking for. They're looking for a place to contribute.

Lin Howes

ing for. They're looking for a place to contribute."

She said teens can also choose to play board games, watch Netflix, or just talk with one of the nine staff and other volunteers who stay overnight.

Meals are also served at 12:30 a.m. and around breakfast.

Starting this fall, however, Howes said the program will reduce its hours to Friday and Saturday overnight and during school holidays.

"I wish we could be open 24 hours a day, seven days a week all the time because the whole reason we started this project is so that we don't' have to like close doors on people and emergencies aren't scheduled on Fridays and Saturdays," Howes said.

HEALTH CAR

Province to bring in universal hearing tests for newborns

The Manitoba government says it will bring in hearing tests for all newborns in the province starting Sept. 1.

Health Minister Kelvin Goertzen says early detection helps children with congenital hearing loss get the treatment they need quickly. The government says 16,000 to 17.000 babies are born in Manitoba each year and between 17 and 102 children newborns have some hearing loss.

Screening services are now available at 13 health-care facilities across the province.

Babies born at home or in

facilities with fewer than 75 births a year are to be referred to the nearest outpatient hearing centre for screening.

A common database will ensure infants born in one region and living in another will have co-ordinated care.

THE CANADIAN PRESS









Aaron Driver leaves the Law Courts in Winnipeg, Tuesday, February 2, 2016. The terrorism suspect was killed in a confrontation with police in the southern Ontario town of Strathroy. JOHN WOODS/THE CANADIAN PRESS

Driver died of gunshot, say police

STRATHROY, ONTARIO

Converting to Islam turned his life around, father believed

Police say a terrorist sympathizer killed in a high-stakes standoff in southwestern Ontario last week died from a gunshot wound.

Aaron Driver, 24, died during a confrontation with RCMP in Strathroy, Ont., Wednesday after the former Winnipegger made a martyrdom video that suggested he was planning to detonate a homemade bomb in an urban centre.

Driver had been under a court order not to associate with any terrorist organizations or to use a computer or cellphone.

But he wasn't under continuous surveillance despite concern he might participate or contribute to the activity of a terrorist group.

Provincial police took over the investigation into Driver's death. The investigation into the incident is also ongoing.

A funeral service is expected later this week.

Aaron Driver's father has said his son was a troubled child but appeared to have turned his life around after converting to Islam.

But then the father said CSIS contacted him in January 2015 about disturbing posts his son had made on social media.

When Wayne Driver was told his 24-year-old son had died in Strathroy, Ont., after allegedly making a martyrdom video that suggested he was planning to detonate a homemade bomb in an urban centre, the father said it came as a "surprise that he'd actually gone that far."

His son's troubles started when his mom died of brain cancer, Wayne Driver said. The son blamed the father.

Wayne Driver remarried when his son was eight, but the boy wouldn't accept his stepmother. He refused to participate in counselling and at one point, he stopped eating.

"He was taking his lunches to school and not eating them because he wanted to die to be with his mum." THE CANADIAN PRESS

Blight threatens tomato harvest

Some tomato growers in southern Manitoba could face big losses this year due to blight.

Erin Crampton at Crampton's Market in Winnipeg says wet weather this season, combined with humidity after it rains, means fields haven't had a chance to dry out, allowing fungus and other diseases to set in.

Blight causes brown and

white lesions on the fruit, and the spores spread through rain

Justin Girard at Hearts and Roots Farm in Elie says once blight has affected 20 per cent of a crop, it's game over for the rest.

Crampton notes that regular brown marks or lines on tomatoes shouldn't be mistaken for blight. THE CANADIAN PRESS

Mayor backs province over possible changes to Sunday shopping rules



Stephanie Taylor Metro Winnipeg

Winnipeg's mayor has pledged his support should the province choose to relax its rules around Sunday shopping

"I haven't had anyone contact me to say this is the most

pressing issue. It's certainly not the top priority for us," Brian Bowman told reporters Tuesday.

"It's one that should the province make a move, we'll be ready to support any changes that are made."

Bowman said his view is that business owners are the best suited to understand their staffing and customer needs.

Recently, the provincial minister of growth, enterprise and trade, said in a statement there are no plans to change the rules around Sunday shopping as of yet, but he's open to feedback from residents on allowing retailers and grocers to stay open past 6 p.m.

The Winnipeg Chamber of Commerce has already expressed its support for extended Sunday shopping

CEO and president Loren Remillard plans to raise the issue with the province and city, which he said would be required to amend its by-laws.

If the province were to consider changing the rules, Bowman said he'd like the city, public and industry members consulted.

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Upgrading your insulation

Your home has a building envelope that includes the exterior walls, foundation, roof, windows and doors. The envelope should keep out extreme temperatures, moisture, dust, and wind,

By properly insulating your building envelope, you will reduce heat loss, create a more comfortable living space, and reduce your energy bills. Some of the signs that might indicate insulation problems are high heating costs, cold walls and floors, uneven heating levels within your home, or mold growth on your walls.

The initial amount of insulation added to an un-insulated area makes a big difference, and adding insulation to top up an area that isn't sufficient also contributes to reducing heat loss. The measure of how well insulation material resists heat transfer is called its R-value. while the metric equivalent is RSI. The higher the R or RSI-value of a product, the better it resists heat transfer.

To increase the insulation levels in your home:

- 1. Determine which areas of your home's envelope require additional insulation, or may have moisture problems or drafts
- 2. Take note of areas in the attic, walls, or foundation that do not have any insulation, as these areas are likely to have the greatest impact on lowering your energy bills.
- 3. Consider if you will do-it-yourself or hire a contractor.

Regardless of which option you choose, do your research. You are more likely to get the results you want if you are knowledgeable about the work.

Most importantly, before the work begins, make sure to apply for pre-approval to Manitoba Hydro's Home Insulation Program. You can do this by filling out an application with your insulation retailer or chosen contractor. If your project and home qualify you will receive a rebate for up to 100 per cent of your insulation material costs. If your home is poorly insulated, the rebate along with the energy savings you will realize will make your insulation project. very worthwhile.

For tips on inspecting your existing insulation, visit hydro.mb.ca/hip.

Manitoba Hydro offers financing options to assist you with your insulation project.



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The zom-bees in B.C.'s back yards



Wanyee Metro | Vancouver

Zombie bees are a beekeeper's worse nightmare and this summer they have been spotted for the first time in Canada in Nanaimo, B.C.

Sarah Wallbank had just started her honeybee hive in her backyard three months ago when she noticed a few bees acting strangely — they were buzzing around a nearby light after dark.

"They were quite frantic about the way they were flying into the light so I didn't think that was normal."

Wallbank built a light trap to collect the disoriented bees, which consisted of putting an LED lightbulb in a bucket and setting it down near the hive.

She collected 16 dead bees in one night. She put them in jars and sure enough, after a week, 42 maggots emerged from the bees' dead bodies — Wallbank's hive was infected with zombie bees.

The parasite responsible for putting the bees into a zombielike state and eventually killing them is called the phorid fly.

It lays its eggs in bees and when the eggs hatch, larvae attack their host's brains, causing the bees to act disoriented, according to John Hafernik, a biology professor at San Francisco State University. Meanwhile, the larvae eat the bee's insides for about a week until they are ready to emerge and turn into flies.

The phorid fly traditionally targets bumblebees and various kinds of wasps but six years ago, Hafernik discovered the fly can lay its eggs in honeybees, too.

Honeybees are already under threat in North America due to mites, viruses, fungal diseases, and pesticides, said Hafernik.

If too many worker bees are infected with this parasite, the whole hive can collapse, he said.

Hafernik started a citizen science project called Zombee Watch four years ago where people are asked to send in photos or samples of zombie bees to the university.

The phenomenon had only been recorded in parts of the U.S. but thanks to Wallbank's discovery in July, scientists now know the fly is attacking honeybees further north as



Carolyn Bennett gave Enbridge a shout out on her Facebook page for providing a grill for a Canada Day barbecue. FACEBOOK

Minister grilled over cookout contribution

MP pledges to pay Enbridge for loan of barbecue



May Warren Metro Toronto

How much does it cost to rent a barbecue?

Toronto MP Carolyn Bennett is trying to figure out just that after the opposition raised red flags about Enbridge's contributions to a Canada Day cookout

organized by her office.

The company donated the grill — and a volunteer — for the Toronto event. Now, Bennett is pledging to pay the company back.

As Canada's minister of indigenous and northern affairs, Bennett is in a position of influence for Enbridge, according to the opposition.

The company's Northern Gateway pipeline would link the Alberta oilsands to the north coast of British Columbia. It's been especially contentious with First Nations groups who say they haven't been properly consulted.

Bennett publicly thanked

You have to just be a little more careful when you're being offered free gifts ... from very, very large oil interests. Charlie Angus

Enbridge for its contribution to the barbecue on social media, which led to a response from NDP indigenous and northern affairs critic Charlie Angus.

"What was concerning was the relationship, which is a little too close," he told Metro. "You have to just be a little more careful when you're being offered free gifts and benefits from very, very large oil interests because it sends the wrong message."

A spokesperson for Bennett's office said the picnic has been a community event for 15 years, and Enbridge's outreach team has participated "on several occasions." She added the company will be reimbursed for this year's contributions "to ensure there is no conflict of interest." An Enbridge spokesperson said the company provides equipment and trained cooks to support "many community events across Ontario."

Liberal lawmaker Mauril Belanger dies

A phorid fly larva emerges from its dead host, a honeybee,

after attacking the bee's brain and eating its insides.

SAN FRANCISCO STATE UNIVERSITY/CONTRIBUTED

Mauril Belanger, a Liberal member of Parliament for more than two decades and a lifelong advocate for francophone rights in English Canada, has died.

Prime Minister Justin Trudeau used Twitter to an-



Mauril Belanger

nounce Belanger's death on Tuesday night.

Trudeau called Belanger "a great friend, tireless MP and brave fighter."

Belanger died after a very public battle with amyotrophic lateral sclerosis, or ALS, commonly known as Lou Gehrig's disease.

He was diagnosed with the incurable, neurodegenerative disease in November 2015, just weeks after winning reelection in his Ottawa-Vanier riding for the eighth consecutive time since entering federal politics in a February 1995 byelection.

THE CANADIAN PRESS

Fort McMurray victims facing sleepless nights

Genevieve Belleville is struck most about the many Fort Mc-Murray residents who are having nightmares and trouble sleeping.

The psychology professor at Laval University in Quebec City is heading a mental-health study of people from the northern Alberta city who were forced to flee a voracious wildfire in May.

Two of her research assistants were returning Tuesday after spending three weeks in the community. They conducted. clinical interviews with about 50 residents and another 300 people completed an online questionnaire.

Analysis is to begin soon on whether some are suffering from post-traumatic stress disorder, Belleville said. A preliminary look at the data shows many in the group aren't sleeping well.

'They also have very painful memories," said Belleville. "Some of them have moved, don't want to go back to Fort Mc-Murray because it's too painful to see the aftermath of the fire."

Symptoms of PTSD include

intrusive memories, negative feelings and emotional reactions, such as trouble sleeping. Most signs are just normal reactions to an abnormal event, said Belleville.

"If the symptoms persist for more than one month, then we can talk about PTSD. Before that, it cannot be considered a disorder."

The study will also assess whether the residents have depression, anxiety and substance abuse problems, she said.

THE CANADIAN PRESS

80,000

More than 80,000 people were forced to leave their homes when the wildfire roared through and destroyed 2,400 homes and buildings. The evacuation for some included a panicky, slowmoving drive out of the smoke-filled city as nearby trees went up in flames.

Earth broiling to record highs

July 2016 was the hottest in recorded history

Earth just broiled to its hottest month in recorded history, according to NASA.

Even after the fading of a strong El Nino, which spikes global temperatures on top of man-made climate change, July burst global temperature records.

NASA calculated that July 2016 was 1.51 degrees Fahrenheit (0.84 degrees Celsius) warmer than the 1950-1980 global average. That's much hotter than the previous hotter months, about 0.18 degrees warmer than the previous record of July 2011 and July 2015, which were so close they were said to be in a tie for the hottest month on record, said NASA

chief climate scientist Gavin Schmidt.

Scientists blame mostly manmade climate change from the burning of fossil fuel with an extra jump from the now-gone El Nino, which every few years is a natural warming of parts of the Pacific Ocean that changes weather worldwide.

Georgia Tech climate scientist Kim Cobb said this is significant "because global temperatures continue to warm even as a record-breaking El Nino event has finally released its grip."

This is the 10th record hot month in a row, according to NASA. The National Oceanic and Atmospheric Administration, which calculates temperatures slightly differently, will come out with its July figures on Wednesday. NOAA has figured there have been 14 monthly heat records broken in a row, before July.

"The scary thing is that we are moving into an era where



NASA's five hottest months on record are

- July 2016
- July 2011
- July 2015 July 2009
- August 2014
- Only July 2015 was during an El Nino.

it will be a surprise when each new month or year isn't one of the hottest on record," said Chris Field, a climate scientist at the Carnegie Institution and Stanford University.

This new record and all the records that have been broken recently years tell one cohesive story, said Schmidt, director of NASA's Goddard Institute for Space Studies: "The planet is getting warmer. It's important for what it tells us about the future," THE ASSOCIATED PRESS

KIA



With so many questions swirling about the huge price tag on Olympic stadiums, Massimo Bottura wanted to make his own statement about sustainability, SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Master chef feeds homeless with excess Olympic food

Twelve hours ago, Fagner Dos Santos ate his last meal: two hardened bread buns and coffee. For much of the past decade, the 33-year-old has been battling drug addiction while living on the streets of Rio. When he eats at all, it's usually at a grungy soup kitchen or after picking through the trash.

Now he and some 70 other homeless men are feasting on a three-course meal courtesy of one of the world's top chefs.

The gastronomic destination is

the brainchild of Italian master

OUR PRIVATE SALE HAS GONE PUBLIC!

chef Massimo Bottura. Using leftover ingredients from Olympic caterers and other local partners, Bottura created a gourmet soup kitchen, Refettorio Gastromotiva, that has been serving up meals to Rio's homeless population.

With questions swirling over the \$12-billion price tag of South America's first Olympics, Bottura wanted to make a statement about the games' sustainability by taking on one symbol of Olympic waste: the more than 230 tons of food supplied daily to prepare 60,000 meals for athletes, coach and staff.

"This is a cultural project, not a charity," said Bottura, who runs the Michelin three-star Osteria Francescana in Modena. "We want to rebuild the dignity of the people."

It's a message that resonates in Rio. As Brazil plunged into its deepest recession in decades, the city's homeless population has struggled. In June, facing a financial calamity, Rio's state government had to close or cut back service at 16 meal centres. THE ASSOCIATED PRESS

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METHINS

Your essential daily news

Wednesday, August 17, 2016

ROSEMARY WESTWOOD ON RECONSIDERING WHITENESS

Feeling uncomfortable. Feeling left out. Feeling diminished. Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen.

In retrospect, this could be viewed as the year of recalcitrant whiteness.

It's evident most noisily in America. A conversation fuelled by police killings of black Americans cross-bred with the Republican Party's typical play for white Christian votes, and under the toxic orange glow of Donald Trump, mutated into an ungainly, vitriolic, spitting monster.

It's evident here, too. Black Lives Matter organizers drew the ire of Canadians who imagined we'd somehow escaped the U.S.'s anti-black bias; the Missing and Murdered Women and Girls inquiry underlines the extreme violence white women just don't see; the killing of an indigenous man by a white farmer in Saskatchewan sparked racial tensions in that province into flame.

I also feel it in myself. I was raised in Victoria, a city I've long imagined could be the whitest place in Canada. I grew up devoid of any sophisticated sense of race. The sprinkling of diversity in my schools went largely unnoticed, as innocuous as the odd birch in a forest of cedar. Equality among us was assumed, as was our Canadian immigrant identities and their neutral impact on the country. In one juniorhigh social studies class we were directed to research how and when our families came to Canada. Perhaps you can guess this: There were no in-

This year, more than any, has troubled my sense of whiteness. Frequent criticisms

digenous pupils in the class.

The thing about contemplating one's whiteness in 2016 is that it's supposed to hurt.

of my "white feminism" have revealed weaknesses in my politics. Covering Toronto's Black Lives Matter protests underlined how uniform and narrow white Canadian media analysis can be, and forced me to question what I do and do not have any business writing about. This year's suicide crises on indigenous reserves drew both horror at the suffering and cynical

posed to hurt.

Feeling uncomfortable.
Feeling left out of the conversation. Feeling diminished.
Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen. This is what it feels like to no longer be the sole centre of attention. This is what it feels like to be rightly



WHAT'S YOUR POINT? A protester brandishes an "All lives matter" sign at a Black Lives Matter rally in Panama City, Fla., in July. Social movements in Canada and the U.S. are forcing white people to think of themselves in new ways. AP

suggestions that indigenous Canadians bring all ills upon themselves. And since conditions on reserves don't change between one suicide crisis and the next, both responses can be read as expressions of white privilege.

White privilege. I don't use that term lightly. And I realize it's likely to blow the skull of any white person who's sick and tired of being called white as if it's a bad thing. They've likely already stopped reading, but I will address them on the off chance they're still around: The fact that you are deeply upset proves the problem. The thing about contemplating one's whiteness in 2016 is that, for perhaps the first time in centuries, it's supaccused of dominating the country on morally shaky ground. In the colonial beginning, there was racism. It was at the root of residential schools, early immigration practices, early slavery laws. Despite our best efforts to pretend otherwise, that racism endures.

I don't want to be called a bigot either. I don't want to be told my country is, among other wonderful things, dyed with discrimination. Who does? But bias has been built into this nation, and we all exist on its spectrum. Internally, too, we are all biased. And the worst thing any of us could do is pretend otherwise.

People living in Saskatchewan this week don't have that luxury. On Sunday Brad Wall, the province's premier, in the kind of aspirational sentiment common to our politics, said that "racism has no place in Saskatchewan" before explaining exactly what place it does hold. "In the wake of a shooting near Biggar, there have been racist and hate-filled comments on social media and other forums," he said in a statement.

In comments to the StarPhoenix newspaper, one woman expressed her support for the alleged shooter, saying, "Nobody should have died, but we knew it was going to come to this. Things are out of control." Who is "we"? What is "it"? And why did "it" have to end in a shooting? What, exactly, is "out of control"?

It's a question that also applies to the U.S., to Trump's campaign, to his cult-like supporters. And some fairly convincing answers can be found in a new book. In The End of White Christian America, the religion researcher and pollster Robert P. Jones traces white Protestant Americans' "waning cultural influence" and the ensuing anxieties and fears that run so deep, even a 2014 Coke ad about America's diversity was a "provocative act." As Jones elaborated in a New York Times op-ed: "The apocalyptic rhetoric is fueled by energies that are unleashed when a long-dominant group senses the looming end of its era."

Do not think that those apocalyptic and xenophobic sentiments belong only to America. I have heard them myself, and never more loudly than this year: white people are the most discriminated against, white Christian faith is under attack. These are the feelings of those who sense a slipping grip on power, and who have not yet imagined in what ways that might be a good thing.

Grits' holistic anti-terror aims traceable to Harper



Paul Wells

So far on terrorism, Justin Trudeau is more or less the prime minister Stephen Harper told us he would be.

On the very day Trudeau became leader of the Liberal Party of Canada, in April 2013, he sat in Ottawa for an interview with Peter Mansbridge of the CBC. Two bombers had just detonated their homebrew contraptions at the Boston Marathon, killing three and wounding hundreds.

How would you respond if you were PM, Mansbridge asked. "Over the coming days," Trudeau replied, "we have to look at the root causes."

That language seemed designed to ruffle Conservative feathers. But Trudeau was not done. "There is no question that this happened because there is someone who feels completely excluded. And our approach has to be, where do those tensions come from?"

That was all Stephen Harper needed. In London he told reporters: "When you see this kind of violent act, you do not sit around trying to rationalize it or make excuses for it or figure out its root causes. You condemn it categorically."

A week later, Harper piled on. "This is not a time to commit sociology, if I can use an expression. ... I don't think we want to convey any view to the Canadian public other than our utter condemnation of this kind of violence."

Two years later Trudeau won the election. Last week the RCMP shot and killed Aaron Driver in Strathroy, Ont., and we have had a chance to see how Trudeau handles terrorism.

To a great extent, in any public sense, he doesn't. It's Ralph Goodale, his minister

Your essential daily news

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Sandy MacLeod

ing about sociology.
In a long weekend news release, Goodale first reassured Canadians that the police had done their job well and that Canada's threat level is no higher than it has been for a year and a half. Then: "We

of public safety who has been

the government's face in the

aftermath of Strathroy. Never-

theless, it's striking how much

time Goodale has spent talk-

Canada's threat level is no higher than it has been for a year and a half. Then: "We need to know how to identify those who could be vulnerable to insidious influences that draw certain people — especially young people — toward extremism leading to violence.

"We need to understand what positive messages can counteract that poison."

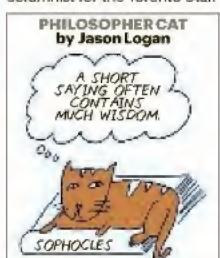
Inconveniently for fans of political caricature, the academic work into counterradicalization that turns Goodale's Liberal crank is already well begun — thanks to Stephen Harper.

In June 2011, Harper announced the Kanishka Project, a \$10-million research program on terrorism. Work funded by the Kanishka Project included the Canadian Network for Research on Terrorism, Security and Society, whose co-director, Lorne Dawson, has said "the actual research has consistently shown that sociology is the better way to go."

Harper low-bridged the sociology while playing up the law and order, but he did both. Trudeau reverses the emphasis, but he does both.

Sociology offers no guarantees. Utter condemnation didn't either. Trudeau's record on terror will be told over four years at least. But his way is no accident. His government's behaviour this week is in a straight line from those remarks he made in 2013.

Paul Wells is a national politics columnist for the Toronto Star.



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In her book released Tuesday, Amy Schumer writes she experienced slut-shaming while doing press for Trainwreck. "Maybe it was just a cultural thing that made the foreign journalists seem out of line. Some interviewers brought this vibe: "Well, you talk about sexual subject matter in your movie, so I can say anything I want to you."

Wednesday, August 17, 2016

It's time for a ramen revolution

INTERVIEW

New cookbook aims to help students save money, eat better



Yvette d'Entremont Metro | Halifax

Takeout-inspired sesame chicken. Creamy macaroni and cheese with butternut squash. Sriracha pulled pork tacos with pineapple salsa.

Not your typical student fare and a big step up from hotdogs and packaged noodles, but those are among the cheap, easy and nutritious recipes on offer in a new book released Monday by Halifax dietitian Krista McLellan.

With the appetizing title World Food For Student Cooks, it dishes up a helping of those recipes drawn from a variety of international cuisines, including Indian, Thai, Mexican and Middle Eastern.

McLellan said the recipes in her first book are flavourful, fun to make, and use everyday kitchen staples and readily available ingredients. "Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing," McLellan said in an interview Monday.

"And you save some money. There are a lot of other places for money to go when you're a student."

The book was inspired by McLellan's personal experiences as a student living in some of Canada's most multicultural cities, including Toronto and Ottawa.

"Canada is definitely
a melting pot of different cuisines, and younger generations really appreciate that," she said.

"Also, eating out all the time is really expensive and also does not give a lot of control in terms of the healthfulness factor."

McLellan believes home cooking is making a comeback and she wants to help grow that trend with a younger generation.

"Being able to develop some healthy habits as they foray into their new life as an independent adult who doesn't rely on mom and dad for their food is probably a really good thing," she said. "There is a good mix,

"There is a good mix, from things that can be made ahead of time, batch cooked and kind of pulled out of the freezer at exam time, to things that can be thrown together in a couple of minutes."

The more than 170 recipes featured in her book include snacks, appetizers, breakfast, desserts and main dishes.

World Food For Student Cooks retails for \$16.95 and is available now at campus bookstores, Chapters-Indigo locations and independent bookstores across Canada.



Halifax dietician Krista McLellan has created a cookbook for students featuring flavours of the world. One of the dishes, Simple Sesame Chicken, is seen left. ZANE WOODFORD/METRO; HANDOUT

Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing Krista McLellan

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Food | metr@LIFE 10 Wednesday, August 17, 2016

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Popcorn

Popcorn can be a healthy light snack or one loaded with calories, fat and sodium - choose wisely!











Equivalent to Manchu Wok's Black Pepper Chicken in sodium.

There's nothing smart about Smartfood. The addition of excess vegetable oil, cheese and salt takes this from a natural healthy snack to a fat & salt-laden disaster. It's always better when you can control what goes on your food - pop the popcorn yourself by using the package microwavable packets. If you do want more flayour, just add some finely grated parmesan cheese and your favourite spices.

*MUD BOG & TRACTOR PULL ARE SPECIAL EVENTS - ADULT TICKET AT THE GATE \$20

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Jackfruit: Big, bad and delish



This spicy jackfruit rice bowl serves four. Torstar News Service

Don't be afraid of this spiky fruit, cook it in a curry instead

We interrupt our local season to bring you one of the world's biggest, baddest-looking fruits, which happens to be right at home in this tropical weather.

Whole Foods Market produce buyer Stuart Coleman fell in love with them 20 years ago in his native Australia.

Long and slightly kidneyshaped, armed with brownyellow spikes and weighing up to 40 kilos each, they're impossible to miss.

Though they share the same spikes as a durian, jackfruit doesn't smell like a hockey bag. Instead, it gives off a mild fragrance somewhere between banana and pineapple.

It may even have inspired uicy Fruit gum!

"The first time I had jackfruit I couldn't believe it, it tasted just like caramel it was that sweet," says Coleman, who's noticed a spike in sales since he began selling the weird fruit regularly in his Ontario stores.

It seems jackfruit is popu-

lar with vegans, who find its slightly rubbery texture and exotic flavour makes a satisfying meat substitute.

The monster fruit also resonates with the Whole Foods buyer with its sustainability factor.

Coleman says jackfruit can be eaten green or ripe, the wood from its tree contains a natural dye and the seeds can be roasted and eaten like nuts, made into chips or dried and ground into flour.

Since the Mexican fruit he's trucking in at the moment weighs between 23 and 29 pounds (10-13 kg), he's cutting it into "grab and go" slices.

Coleman does admit the fruit still requires "a bit of maintenance" when you get it home.

Spicy Jackfruit Rice Bow

Though jackfruit is fun to eat raw, it takes on a whole new dimension when cooked in this Whole Foods recipe. If you don't like spicy food, remove the seeds from the hot pepper before using.

Ingredients:

- 1 tbsp (15 ml.) canola or vegetable oil
- 1 medium white or sweet onion, diced
- 4 cups seeded, diced fresh jackfruit *

- 1 serrano or jalapeño pepper, diced
- 1 1/2 tsp (7 mL) chilí powder • 1 tsp (5 mL) salt
- 1/4 cup (60 mL) fresh or-
- ange juice • 2 cups (500 mL) cooked
- brown rice 1/2 cup (125 mL) chopped
- fresh cilantro
- · Garnish: lime wedges

Directions:

- 1. In a large skillet, heat oil over medium heat. Set aside one-third of the chopped onion for garnish; add remaining onion to skillet and cook, stirring, until golden brown, about 6 minutes. Add jackfruit, serrano, chili powder and salt. Cook, stirring, for 1 minute. Add orange juice, cover and simmer, stirring frequently, until jackfruit is very tender, 20 to 30 minutes. Add water 1/4 cup (60 mL) at a time if mixture gets dry.
- 2. Divide rice among four bowls. Top with jackfruit, reserved onion and cilantro. Serve with lime wedges.

'You can also substitute fresh jackfruit with two 20-oz (590 mL) cans of drained and finely diced young green jackfruit. Just double the amount of orange juice to preserve the sweet-spicy flavour balance. TORSTAR NEWS SERVICE



2016 COMMUNITY CHOICE AWARDS WINNERS

DAVID LIPNOWSKI

Check out the best of the city as chosen by Metro readers

We asked our readers to vote and you responded with hundreds of ballots cast for your favourite haunts in Winnipeg for our Metro Community Choice Awards.

From food to festivals, lingerie shops to auto shops — we heard your votes loud and clear and here are the results.

The Metro Community Choice Awards gave you the chance to share your love and appreciation for your favourite shops, places, and businesses, and you voted them to the top of the charts. With hundreds of votes, we were excited to see so much local love being passed around.

If you're looking to try something new, check out these winners because they are voted the cream of the crop by you, our loyal readers.

Based on your ballots, the winners were

grouped into three categories: gold, silver, and

Thank you again for sharing your love and passion for some of the places that make Winnipeg a great place to live and don't forget to share with your friends and come back and vote next time.

The votes are in: check out this year's winners and favourites

Automotive

Best Auto Service Centre

Best Car Wash - Detail Service

The Chamois Car Wash Midtown Car Wash Birchwood Auto Spa

Best Domestic Car Dealership

Nott Auto Corp Ltd*********
Birchwood Chevrolet Buick Gmc
Birchwood Ford

Best Imported Car Dealership

Best Luxury Car Dealership

Nott Auto Corp Ltd******
Birchwood BMW
Jaguar Land Rover Winnipeg

Best Oil/Lube Change

Birchwood Service PARKER Super Lube Auto Centres Mr. Lube

Best Rv/Trailer Dealer

Transcona Trailers Sales

Best Tire Shop

Fountain Tire - Wpg (Pembina Hwy) Kal Tire - Wpg (Pembina Hwy) Birchwood Tires

Best Used Car Dealership

Auto Gallery of Winnipeg*******
Nott Auto Corp Ltd
Birchwood Auto Group

Business or service

Barber Shop

Hunter & Gunn Barber Shop
Tommy Gun's Original Barbershop

Best Accounting Firm

Best Adult Education College/School

University of Winnipeg - Pace - General****
Red River College
Manitoba Institute of Trades and Technologies

Best Bank / Trust Co.

TD Bank'******* Rbc Royal Bank Cibc

Best Catering Company

And A Cupcake Too STANDER
Gunn's Bakery









Little Bones Wings

Best Chiropractic Clinic

Sun Chiropractic Transport Kisil Chiropractic Align Chiropractic & Massage Therapy

Best Computer Service & Repair

Memory Express Corey's Computing

Best Credit Union

Assiniboine Credit Union WANNER Steinbach Credit Union Cambrian Credit Union

Best Dental Office

Shine Dental WANKER Lakewood Dental Norwood Dental Centre

Best Denture Clinic

Minuk Dentures Winner Zelcer Denture Clinics Fast Denture Clinic

Best Dry Cleaner

Perth's Drycleaners "FINNER Metro Cleaners Ltd Dollar Wise

Best Electrical Services

Mr. Electric of Winnipeg 3-Phase Electrical Ltd

Best Fitness Club

Pride Muay Thai winner Pops Fighting Academy Ymca - Ywca Winnipeg

Best Florist

Academy Florist PRINNER The Floral Fixx **Broadway Florists**

Best Funeral Home/Services

Wojcik's Funeral Chapel Friends Funeral Service

Best Hair Salon

The Sapphire Hair Lounge "MANNER" Hair Fx Aveda Institute - Winnipeg

Best Handyman Services

Handy Girlz Winnipeg WINNER Handyman Connection · Winnipeg Nisby Thermo Services

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SS Plumbing wasee Roto-Rooter Plumbing Winnipeg Mr. Rooter's Plumbing Winnipeg

Best Spas/Esthetic Services

Thermea www. One Salon and Spa Ten Spa At The Fort Garry

Best Tattoo Studio

Living Canvas Tattoo Metamorphosis
Blaze Ink

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Caa Travel Agency - Winnipeg WANNER
Charleswood Travel Winnipeg
Flight Centre - Winnipeg

Best Veterinary Clinic

Corydon Animal Hospital Southglen Veterinary Hospital Birchwood Animal Hospital

Best Yoga Studio

Moksha Yoga Winnipeg William Yoga Public Awesome Hot Yoga

Entertainment

Best Festival

Folklorama^{www.} Fringe Festival Festival Du Voyageur

Best Golf Course - Private

Southwood Golf & Country Club Rossmere Golf & Country Club Pine Ridge Golf Course

Best Golf Course - Public

Bridges Golf Course WINNER
Tuxedo Golf & Teaching Centre
Kildonan Park Golf Course

Best Kids Summer Camp

Camp Arnes^{*******} University Of Manitoba Mini U Prog. Fort Whyte Alive

Best Local Tourist Attraction

The Forks William
Assiniboine Park Zoo
Canadian Museum For Human Rights

Best Night Club

The Good Will Social Club ******** Reset Interactive Ultralounge The Royal George

Food & Drink

Best Bakery

Caked With Love HOWER And A Cupcake Too Gunn's Bakery

Best BBQ Food

Best Breakfast

Pete's Place Family Restaurant'******* Stella's Cafe & Bakery Falafel Place

Best Buffet

East India Company^{********} Ye's Buffet Aaltos

Best Casual Fine Dining

Pete's Place Family Restaurant*******
The Poutine King
Peasant Cookery

Best Chinese Cuisine

Shabusen***** Spring Roll Golden Dragon

Best Desserts

Caked With Love*****
And A Cupcake Too
Baked Expectations

Best Fine Dining







Segovia Tapas Bar

Best Food Truck

Habanero Sombrero Wings Little Bones Wings The Poutine King

Best Greek Cuisine

Pete's Place Family Restaurant^{**********} Olympia Diner Santa Lucia

Best Hamburger

Pete's Place Family Restaurant Nuburger VJ's

Best Indian Cuisine

East India Company^{**********}
Charisma of India
India Palace

Best Italian Cuisine

Best Overall Restaurant

Pete's Place Family Restaurant Deer & Almond
Segovia



Best Pizza

Santa Lucia^{********} A Little Pizza Heaven Vera Pizzeria

Best Poutine

Pete's Place Family Restaurant The Poutine King
Smokes Poutinirie-Winnipeg

Best Pub

The Pint Yellow Dog Tavern

Tavern United

Best Ribs

Famous Dave's The Park
Gus & Tony's At The Park
Silver Heights Restaurant and Lounge

Best Steak

The Keg Rae and Jerrys 529 Wellington

Best Sushi

Wasabi Sabi ******* Blufish Sushi Meiji Sushi

Best Vietnamese Restaurant

Best Wings

Little Bones Wings WINNER
The Poutine King
Smittys

Home & Condo

Best Building Materials & Home Improvement

Best Flooring

End of The Roll - Winnipeg****
Curtis Carpets
Flatlanders Flooring

Best Heating & Air Conditioning Service

On Time Group WANNER
Reliance Superior Heating & Air Conditioning
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Best Home Builder / Developer

Gino Homes^{*********} Kensington Homes Streetside Developments

Best Home Improvement Store / Service

Cherry Construction WINNER
McMunn & Yates
Windsor Plywood

Best Landscape Company

Lacoste Garden Centre
Ron Paul Garden Centre
St. Mary's Nursery & Garden Centre Ltd.

Best Paint & Wallpaper Store

Envy Paint & Design Wpg waves Park City Paints Delux Paints Wpg

Best Real Estate Agent

Rose Lobreau, Royal Lepage-Prime Real Estate^{********} Chris Guenther Realtor - Sutton Group Leslie Weselak, Re/Max Performance Realty

Best Retirement Home

The Wellington Retirement Residence Catherine Place
All Seniors Care

Best Roofing Company

Hart Roofing Winner
Mj Roofing
Oakwood Roofing & Sheet Metal Co Ltd

Best Windows & Doors

Polar Ray-O-Max Windows Canada WONNER

Duraco Windows

Accurate Dorwin

Shopping

Best Appliance Store

Midland Appliance World Bains
J. S. Furniture Gallery

Best Children's Clothing

The Children's Place

Best Computer Store

Memory Express Winnipeg CDC Computers Winnipeg Corey's Computing

Best Electronics Store

Best Fitness Equipment Store

Best Gardening Centre

Shelmerdine Garden Center Ltd WARNER Lacoste Garden Centre Jardins St-Leon Gardens

Best Hobby Store

Maxx Collectibles^{-WIMMR} Imagine Games & Hobbies Eliminator Rc

Best Jewellery Store

Best Men's Clothing Store

Eph Apparel West Harry Rosen Wpg Moores Clothing For Men - Dakota

Best Pet Shop

Best Sporting Goods Store - New

Royal Sports Home Run Sports City Park Runners

Best Women's Clothing Store

The Foxy Shoppe *********
Out Of The Blue
Silver Lotus

THE FORKS JUST KEEPS GETTING BETTER AND BETTER

Winnipeg's premier destination for a one-ofa-kind shopping, dining, and entertainment experience now has even more to see and do.

"We're a 54-acre site and we have a mix of everything from great local shops, to foods, to venues, to the Children's Museum, the Canadian Museum for Human Rights and the Manitoba Theatre for Young People," says The Forks' Kristin Pauls. "With over 280 events on site and more than four million visitors annually, The Forks is definitely the place to be in Winnipeg whether you're a local or a tourist hoping to see the sights and sounds of what Winnipeg and Manitoba have to offer."

Over the last year The Forks Market has undergone a \$2.8 million renovation that's seen new food options added and a giant craft beer and wine klosk, The Common — with 20 wines and 20 craft brews on tap — opened up right into the middle of The Forks Market.

Pauls is quick to point out the entire main floor of the Market is now licensed meaning visitors can grab their favourite beverage and carry it over to enjoy with the offerings of their favourite food vendor.



CONTRIBUTED

And there's even more a change coming as The Forks Market gets ready to start the next phases of renovations.

"If you haven't been to The Forks for a while I'd really highly recommend it," says Pauls. "It's always changing and there's always something new to see."



Meet me at The Forks.







theforks.com #MeetMeAtTheForks





Auto Gallery of Winnipeg is all about reputation

The owners of Auto Gallery of Winnipeg don't mind at all if you look them and their competitors up online before stopping by one of their two locations to check out their wide selection of used vehicles.

"In fact I insist they do," says Auto Gallery co-owner Gord Pedersen. "Because the whole story will be told online by previous customers — if they've been in business long enough there will be a trail of bread crumbs telling who they are, what their reputation is, and what you can expect from them.

"For us it's about reputation, and how we treat our customers provides the best type of word of mouth advertising."

And if you judge a business' reputation by the number of awards won, then Auto Gallery must be doing something right — as well as picking up Metro's Community Choice Award for Best Used Car Dealer this year, Auto Gallery has received nine consecutive Consumer's Choice Awards including for 2016, and nine consecutive Top Choice Awards also including this year's prize.

Pedersen says Auto Gallery's awardwinning reputation is something he and co-owner Dan Gagnon have worked hard to build and instill in their employees since opening up their first location at 3777 Portage Avenue back in 2002.

"We feel our staff are the ones who win these awards for us," says Pedersen. "We really do believe in the non-pressure system; they're not-commissioned and they're on the front-line making sure they go to the highest level to make sure our customers leave satisfied."

After starting off with a staff of just four, Auto Gallery has grown to employ around 40 in their sales and service departments and they've opened a second location at 3680 Portage Avenue to make room for the hundreds of low-millage cars, SUVs, minivans and trucks they've got in stock at any given time.

That inventory includes vehicles from all makers, and ranges from cars for the firsttime buyer priced under \$5,000 to a wide selection of sports cars, lifted trucks and high-end prestige vehicles, and Pedersen says if they don't have what you're looking for in stock, they'll more than likely be able to bring it in for you.

Go to autogalleryofwinnipeg.com to see exactly what they've got in stock.



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SANTA LUCIA PIZZA: IT'S ALL ABOUT THE SAUCE

What is the secret to Santa Lucia Pizza's success and numerous awards for over four decades?

'It's all about the sauce,' the family's recipes and their dedication to quality food at a fair price. It started back in 1971 when the Simeonidis family opened a little take-out pizzeria in Thompson, Manitoba. Within a year it became the busiest pizzeria in town. A few years later the first Winnipeg location was opened.

Their reputation for great food has continued to grow as they added new menu items and opened more locations throughout Winnipeg.

"Santa Lucia's unique fusion of Greek and Italian cuisine has earned them a large, loyal customer following. Their dedication to quality and consistency keeps customers coming back, generation after generation. This has created the demand to expand to 11 locations internationally," says Trisha Burch in marketing and communications. "We are a family operated company with the exception of a few former employees who we have helped open their own franchised locations."

While many things have changed since the '70s, one thing hasn't: Santa Lucia's family tradition of making fresh dough, bread,



Chicken Souvlaki Dinner, left, and Thin Crust Meat Lovers. CONTRIBUTED

sauces, salad dressings, and fantastic Greek

they are also famous for their Greek salad,

hidden gem is in the fried chicken recipe,

With over 40 years of serving their

chicken Souvlaki and pasta dishes. But their

While they are best known for their pizza,

and Italian foods all from scratch.

which always gets rave reviews.

family's recipes, they go above and beyond to keep their customers happy while maintaining the same great tastes.

"We provide great value for the price and have built many solid relationships within the community," Burch said.

Winnipeggers have acknowledged their dedication to tradition by awarding Santa

Lucia Pizza with several awards for best pizza, best garlic bread, best family restaurant, and best Greek salad.

And now the feather in their cap: the Consumers Choice Award for Winnipeg's Best Pizza Restaurant, 10 years running.

"We humbly thank Winnipeggers for voting our pizza as the best," Burch says.





WINNIPEG LOCATIONS

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2029 Portage Ave (204) 889-8989

108 Regent Ave East (204) 888-5555

4 St Mary's (204) 237-4134

"It's all about the sauce!"



Passion for helping led to real estate career

So much about Rose Lobreau - personally and professionally - makes her an outstanding and award-winning real estate agent.

Lobreau grew up in the Philippines, moved to Canada when she was 15, and still speaks fluent Tagalog. For many years she worked at Great West Life, working her way up to senior expense analyst. This gave her extensive experience in claims adjudication, quality audits, accounting, budgeting and expenses.

Her passion for helping people led her to a career in real estate.

"It gives me the opportunity to meet different people from all walks of life and backgrounds," she said. "I love the diversity Winnipeg and the surrounding area has to offer."

Lobreau knows buying or selling a home can be an emotional process and that's why she's there for her clients every step of the way.

"As a real estate agent you wear many different hats: you're an inspector, financial consultant, adviser, negotiator and a friend," she said. "I make the selling or buying process the best



CONTRIBUTED

experience I can possibly give my clients."

She finds it rewarding to represent her client's best interests and be their trusted adviser."My relationship with my clients is more important than the transaction itself," she said.

And her service to her clients doesn't end when the deal is finished. She is available and keeps in touch with clients for whenever they

"If you're a first time home buyer, ready to upgrade from your current home, or want to sell or invest in real estate, I would love to earn your business and your trust and be the agent to represent you."

And a Cupcake Too! More than just cupcakes on this menu

If your breakfast, lunch, or coffee break just isn't complete without a cupcake too, this place is for you.

The aptly-named And a Cupcake Too! offers both a catering and eat in/take-out menu at their restaurant located in what used to be the cafeteria in the basement of the 215 Garry Street office tower.

Owner Kristy Beriault opened up shop in January after discovering a passion for all things culinary.

"I redid my kitchen I found a new love in cooking and baking so that's where it all started," she explains. "It's fun, it's relaxing, and I really enjoy it."

Beriault does all the baking for And a Cupcake Too! from scratch and despite the name there's much more than just cupcakes on the menu. Sure, there's a wide variety of cupcake and icing combinations to choose from, but Beriault also takes custom orders for cakes, cookies, and muffins, and her catering menu includes custom made sandwiches and/or wrap trays, salads, veggies & dip trays, as well as assorted fruit trays.

And a Cupcake Too! also opens early at 7:30 a.m. for breakfast and switches to a lunch



And a Cupcake Too! owner and baker Kristy Beriault shows off a batch of the cupcakes she makes from scratch, CONTRIBUTED

menu at 11 a.m. daily that includes favourites like cheeseburgers and a delicious chicken Caesar wrap. For a special treat every Wednesday Beriault also bakes a batch of fresh, warm and gooey cinnamon buns, but she says they're proving popular so you'll have arrive early to get your hands on one.

Go to and acupcake too.com to see their full catering menu.

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WINNERS & FAVOURITES ANNOUNCED INSIDE





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COMMUNITY CHOICE AWARDS

High quality dentures in Canada for over 35 years

Founded in 1977 by Joseph Minuk, The Minuk Denture Clinic has been offering some of the highest quality dentures in Canada for over 35 years awarding them. the title Best Denture Clinic in Winnipeg.

After a merge of their two smaller previous locations - one on Selkirk Ave., the other on Marion St. - they are now centrally located at 10 Queen Elizabeth way and celebrating 12 years this fall. With 6 licensed Denturists (Joseph Minuk, Manny Minuk, Gregory Pinette, Morgan Ganetsky, Andrew Koster, and Akvinder K. Brar), and Dentist Dr. Weper (extracting teeth and providing implants) they are able to offer exceptional service, care and knowledge to their clients.

Their passion for the profession, ingenuity, commitment and attentiveness to each individual client are just a few things that set them apart.

Most of their clientele comes from word of mouth, other satisfied friends or family members that have been helped. From

your first visit through to completion, your smile can be created here in one building. Their friendly office staff will be able to answer any questions you may have.

They offer denture repairs while you wait, same day relines, sports mouth guards, home or institutional visits for those who cannot physically come into the clinic and much more.

They work closely with dentists, oral surgeons and other dental professionals to make sure your smile is top notch.

Minuk's is the only Clinic in Manitoba that is trained and certified to provide Geneva 2000 dentures, a tooth system that uses specially handcrafted porcelain, with the individual needs of each client in mind. Minuk's also offers Avadent Digital Dentures "A denture like no other".

The denturist takes an impression which is then scanned into a 3D printer eliminating the need for numerous appointments. Minuk's will work with your insurance company on your behalf, and



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if cost is an issue they offer payment plans based off the Denturist Fee Guide of Manitoba. Inquire about their "Best Price Policy".

Come and let them make your smile a masterpiece. Call (204) 589-6329, or visit minuksmile.com to book your free consultation or second opinion.

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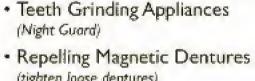
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CONGRATULATIONS TO ALL 2016 WINNERS & FAVOURITES







FAMILY IS THE CORNERSTONE OF NOTT AUTOCORP

Family is woven into the history of the luxury used car business and it shines through Nott Autocorp with their passionate staff and happy

Trevor Nott worked in the car business for most of his life. He started out as lot boy washing cars before moving up to sales and management. Along the way he was also a Team Canada athlete and participated in the Pan American Games in 1999. He also played wide receiver for Hawkeyes football teams.

"He had a vision of selling pre-owned luxury cars," said Nott's long-time friend and General Sales Manager Barry Swain.

In 2006, Nott was bringing used luxury cars

up from the U.S. and saw an opportunity to bring family and business together under one roof.

"He sold his home and bought property in north Winnipeg (which we've since sold and expanded) and he lived right upstairs at the dealership with his wife, Amber," said Swain

Nott and Swain had been friends for 20 years and Nott wanted a right-hand man that he could trust. Swain hadn't been in the car business bethe University of Manitoba Bisotts and Winnipeg fore, but had just the right mix of sales, business and customer service experience to fill the role.

> "We started with 10 cars on our lot with no operating line. Now we carry around 150 cars and employ 30 staff. Our gross sales were over \$20 million last year," he said. "Being here since

day one, having opened the doors with Trevor in 2007, and seeing what we've done gives us a real

That pride was evident from the beginning. Swain said Nott could have called his dealership anything but wanted to put his name on it to make it a true family husiness. It's a matter of accountability and of making every future staff member the duo would hire a part of the Nott

"Everything centres around family," Swain said. "Our 160 point inspection is called the Nott Family Certified Inspection with the idea that if it's good enough for Trevor's family or my family to drive, then it's good enough for your family

Fine art

Adding to the beauty of the luxury cars in Nott Autocorp's 20,000 square-foot showroom, are the stunning pieces of art

Nott Autocorp works with the Winnipeg gallery Gurevich Fine Art to display work throughout the dealership.

"It augments the experience so when our clients come in, we have a really nice showroom and throughout all the offices and the whole place you'll see

Staying on the leading edge

Nott Autocorp likes to stay on the leading edge of automobile technology. That's why they're the sole leasing agent in Manitoba for Tesla. Not offers an array of new and used Teslas. Swain said the Teslas generate a lot of interest which is only continuing to grow. There's also an added benefit to this relationship: Tesla takes trade-ins but they don't sell used cars.

"We have the direct ability to buy whatever trades Tesla takes in which is really nice," Swain says, adding it's a great way for Nott Autocorp to access a number of beautiful used cars.

An incredible selection of luxury cars

Nott Autocorp's tagline is Unique Luxury for Less, and the company itself is unique in so many ways. "Our niche is pre-owned luxury cars," said Nott's General Sales Manager Barry Swain. "We sell cars that are two or three model years old - BMW, Mercedes, Audi, Lexus, Cadillac and others."

Why pay a full retall price on a brand new car when you can get something nearly new;

still with a manufacturer's warranty, and save at least 25 per cent? It's this idea that makes sense to a growing number of people.

Nott Autocorp has an incredible selection of beautiful luxury cars. Add to that staff who are knowledgeable, experienced, caring and attentive to every small detail. The customer experience at Nott Autocorp is so exceptional it has been recognized with numerous awards throughout the years, including five Community Choice awards. Swain attributes the awards to the efforts of the staff.

"When you have people working with you who want to be here that just resonates with clients. They think, 'these people really care about their jobs and if they're into it, I'm into

The company has remarkably low staff

turnover, especially for an automotive dealership, and most of the sales staff have been there for many years. The awards and recognition of their work are just icing on the cake, Swain sald.

"I really think the success of our business is built on the people who work with as. If you surround yourself with good people, the rest will work itself out. We're just living proof of that philosophy."

Swain isn't the only member of the team who had no experience in the car business when he started at Nott. "The other part of our hiring strategy is to hire for personality. If they fit with the team, we can teach them the skills they need. If they don't fit, no amount of skill or experience will help them to succeed in our culture." Swain added, "we're just different from any other car dealer in Winnipeg."





WINNERS & FAVOURITES ANNOUNCED INSIDE





SPONSORED CONTENT

COMMUNITY CHOICE AWARDS

'YOU'RE IN A KITCHEN AND IT'S IN YOUR BLOOD'

It might not be as quick as the fast-food joint down the street, but it's worth the wait at Pete's Place.

The family restaurant at 1777 Main St. prides itself on using fresh ingredients made daily from scratch, and that means getting an order out takes more than just a couple of minutes says Samantha Vlahos, who's owned and operated Pete's Place with her husband Peter Vlahos for the last 15 years.

"We are a family run restaurant — we're not a franchise — so things do take time," she says of the restaurant's home-style menu which includes everything from traditional breakfast fare, to a massive five-patty fatboy you'd have to see to believe. "Everything is done by hand and it's not pre-cooked so if you come in during the middle of a rush, you can't expect to be fed in 10 minutes.

"It's like we always say 'sit back, relax, and enjoy your meal', you know, make yourself at home "

The husband and wife team — who are keeping the family business alive with son Dean, 16, and daughter Yanna, 12, already working at the restaurant — make sure nearly everything on the menu is made by hand.

"With the exception of making bread, everything we do here is from scratch," says Samantha, admitting she's working towards baking her own bread as well. "We roast our own turkey, corn beef; we roast all of that in house. It's just no short cuts — anybody can go to the freezer section and buy frozen food."

The pace of a family-run restaurant is nothing new to Peter, whose family has run restaurants in Winnipeg for years. And it's what Samantha is used to too — the couple met when they both at the Thunderbird Drive-In on St. Mary's Road — which was owned operated by his family at the time.

"It's always been his dream to open his own restaurant," says Samantha, who works the front counter during the day before Peter comes in for the night shift. "All his family has always been restaurant, restaurant, restaurant... It's the typical Greek family thing, you're in a kitchen and it's in your blood."



Pete's Place co-owner Samantha Vlahos serves up an order at the family restaurant. CONTRIBUTED



Petesplacefamilyrestaurant.ca



A welcoming place for legal matters

Taylor McCaffrey LLP offers the best of two worlds.

With 65 lawyers supported by over 95 dedicated and highly-trained staff, Taylor McCaffrey LLP brings the results you'd expect from one Manitoba's largest law firms, but after more than 50 years in the business,

the firm also knows how to deliver down-to-earth service in a uniquely comfortable setting.

And it doesn't get much more comfortable than the firm's main office in downtown Winnipeg.

"The firm believes in building strong client relationships," says Taylor McCaffrey's marketing coordinator, Cindy Cannon. "We often receive comments from clients about how welcomed and comfortable they feel when they visit our firm."

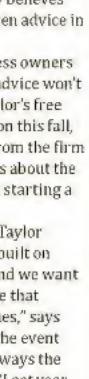
The firm's core areas include corporate law, family law, tax law, litigation, and labour and employment. While Taylor McCaffrey LLP's members stay on top of any and all of the latest developments in the legislative world, Taylor McCaffrey believes it's just as important clients are given advice in plain, ordinary language.

Entrepreneurs and small business owners

looking for that advice won't want to miss Taylor's free Legal Start session this fall, where lawyers from the firm answer questions about the legalities around starting a business.

"The roots of Taylor McCaffrey were built on small business and we want to help make sure that tradition continues," says Cannon, adding the event is just one of the ways the firm gives back. "Last year we were involved in over 90 events through sponsorships, donations to charities,

For more information about Taylor McCaffrey LLP, go to tmlawyers.com.





Perhaps a "scratch kitchen" is just the thing for that appetite itch.

Kevin Jeffrey, general manager of Famous Dave's, wants to remind you that everything in his restaurant is made from scratch — sauces, marinades, spice rubs, dips - and all those beautiful meats are done slow. Old school.

Famous Dave's is an enormously popular (190+ locations in the U.S.) and respected (750+ awards) barbecue restaurant, and the Winnipeg location was the first international restaurant of the franchise. Indeed, to this day, it remains the only location in Canada.

So what's cooking? Definitely the Legendary Barbecue Feast, says Jeffrey. "A full slab of St. Louis-Style Spareribs, Country-Roasted Chicken, Texas Beef Brisket, and more — it has everything."

Those ribs, by the way, are "slow-smoked over hickory wood for 3-5 hours," [effrey says. You can't rush perfection. And true to the Famous Dave's tradition, the feast is served on a garbage can lid - an homage to founder Famous Dave Anderson's first smoker, made out of a garbage tin.

Set to blues music, the scene inside is warm and inviting, with a lounge available for those waiting for the next free table. "It feels like a family backyard barbecue," Jeffrey says. "Everyone is welcome."

Be among the only Canadians that can try Famous Dave's without heading for the border Famous Dave's is located at 11 Reenders Dr. Visit famous dayes.com for more information.





9th Floor - 400 St. Mary Avenue Winnipeg, Manitoba R3C 4K5

204.949.1312









Diversification spurs growth at Manitoba's newest institute

Manitoba Institute of Trades and Technology (MITT) is driven by industry, yet it is completely focused on students and their success.

Since changing its name and mandate from Winnipeg Technical College (when it began operating under the authority of the Manitoba Institute of Trades and Technology Provincial Act in 2014), the province's newest public post-secondary institution has seen a massive increase in enrollment. It is currently attracting students not only from Manitoba and Canada, but from over 25 different countries around the world.

"This growth is as a result of MITT now offering more than 30 different programs in the areas of health, technology, human services, and the skilled trades," stated president and CEO, Paul Holden.

"Our certificate and diploma programs are not only available to post-secondary students; we partner with several Manitoba school divisions who send their students to MITT to take the technology or trades components of their high school diplomas. This is cost efficient for the province, the school divisions and ultimately the tax payer, and it is a fantastic experience for the students because they are completely immersed in a post-secondary environment," explained Holden. MITT also operates its own high school within the college.

Industry Driven. MITT partners with industry to develop curriculum and ensure students are getting the skills, tools, and resources required to succeed in today's labour market. All courses are taught by instructors who come from industry, and all include a practicum or co-op component. In addition, MITT's industry partners employ MITT students. The ultimate verification that MITT is on track is that their students are getting jobs quickly following graduation.

Student Focused. MITT has partnered with numerous local and international post-secondary institutions through the



CONTRIBUTED

signing of formal Memorandums of Understandings. This includes Red River College, Assiniboine Community College, Neeginan College of Applied Technology, the University of Winnipeg, Sheridan College in Ontario, and Hanbat University in Korea, among others. These agreements mean that students can bridge into higher post-secondary education and on into advanced

employment more easily.

"There really couldn't be a better time to get the education you need for the job you want," said Paul Holden, "and the Manitoba Institute of Trades and Technology has everything you need to get started."

For more information on the programs available at MITT go to mitt.ca.





Authentic Indian cuisine embraced by community

invite you to experience the dynamic essence that India is known for.

Owning a popular restaurant — indeed a community staple — is like hosting everyone else's party; inevitably you've provided the backdrop to countless memories.

"We've seen people meet, date, get married and have kids — and then watched their kids date," says Sachit Mehra, eldest brother of the family-owned and operated East India Company Restaurants. "We're an intergenerational business and we're very proud of that."

Parents Kamal and Sudha Mehra opened Mehra's Deli in the mid-1970s — before it's full transformation into fine Indian cuisine — and Sachit points out that all the awards collected in that time makes them Manitoba's highest rated, longest standing family-run restaurant.

Adding to their numerous accolades, the restaurant was most recently included in the Top 10 Restaurants of Metro's Community Choice Awards. As such a celebrated and longstanding member of the community, the Mehra family has watched their clientele grow and evolve around them.

"Since day one, my parents noted that our clients have always been supportive and adventurous, and they wanted to try something uncommon and special," he says. "What we're finding now is that people have not simply embraced the food, but its become an element of their lifestyle. It's really incredible, to see it evolve from restaurant to home kitchen, to part of the cultural and culinary landscape."

"Our homemade spices and sauces wouldn't be flying off the grocery shelves if it wasn't for our customers," Mehra adds. As a complement to more than 40 years in the hospitality industry, the Mehra family recently launched their very own brand of East India Company Premium Sauces and Spices.

The restaurant's five star buffet and menu changes daily, and recent food trends are seamlessly incorporated. "Vegetarian, vegan, and gluten-free options are endlessly available," says Mehra.

As for Winnipeggers that have yet to experience the fine cuisine surrounded by magnificent, ancient Indian artwork and artifacts,



FREE DELIVERY TO DOWNTOWN HOTELS

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Mehra sums up the appeal simply. "There's an original atmosphere here that can't be imitated or reproduced, and the menu reflects an appreciation for serving our customers an

exceptional dining experience."

East India Company is located at 349 York Ave. For more information, visit eastindiaco.com.





Taking a shine to an unconventional dental office

Dr. Brent Wong, as a young boy, was like scores of children all over the world — he hated going to the dentist.

"When I was a kid, the dental experience was very cold," he says. "And many years later when I opened up Shine Dental, I said — I can do better. People deserve better."

Shine Dental, singled out for numerous awards and accolades over the years, has most recently been included in the Top 10 Dental Clinics for Metro's Community Choice Awards. The community has embraced what Wong describes as an "unconventional" dentist's office.

"If you imagine a dental office in your mind — it probably doesn't look like our office," he says. "What we want to do is change the dental industry into something high-tech and high-touch."

Wong highlights his use of top-of-the-line equipment — sometimes being the first dentist office in the province to do so. He also includes elegant, finer touches such as a Japanese massage chair. These investments are gamechangers, he says. "We use technology that's going to make a big difference; it's better and safer. And at the same time we want it to be a relaxing, almost spa-like experience."

Opening his first office on Provencher Boulevard in 2004, and later expanding to a second location on Main Street, Wong is honoured to serve two unique communities.

"Our Provencher location is a boutique office," he says. "It's smaller but it has a big punch to it, because the area is so eclectic, and in a family-oriented community."



LORIN IPSUM DOLOR SIT

"Then you have something different here on the corner of Portage and Main, where we're 20 stories up, looking over our beautiful city," he continues. "It's a very high-end, bespoke type of practice." Longevity and popularity means that, as Shine Dental grows, Wong watches his clientele grow with them.

"I just saw a girl last week and I remember when she was five years old, and now she's graduating high school," he laughs. "It's pretty special."

Shine Dental offices are located at 146 Provencher Blvd. and 360 Main St., Suite 2000. Visit shinedental.ca to learn more.

Attentive staff create a personalized experience

Once you open your doors, the next most important thing is the people you put inside them.

This has been Dr. Brent Wong's focus at Shine Dental. "Any position that we have, in the dental industry, you can train someone for," he says. "But you can't train character. You can't train joy. Either you have it or you don't."

This dedication to staff shows. The Shine Dental website includes large staff group photos over the years and the usual dentist biographies — but also bios of every staff member, from hygienist to administrative assistant. It feels like a happy family.

"We hire warm people," he says. "People pleasers and people lovers. We want our guests to feel like it's an experience, not an appointment."

Service is personalized by kind, attentive staff, which is why Shine Dental boasts a special affinity for clients who are nervous going to the dentist. "The reason why we love the dental phobic is that we will talk them through it, spend time with them, and make sure they know they're always in control," says Wong.



CONTRIBUTED

The truth about dentistry is much more than a cleaning — while some patients may be apprehensive, others may have lived with low self-esteem and discomfort for years.

"When you stifle a smile, you're stifling certain body chemicals from being released — and these make you feel a sense of wellbeing," says Wong. "Once people can actually start to smile again, it changes their life."

Between its two locations, Shine Dental can literally make these life-changing improvements with industry-leading speed. Whether it's placing permanent crowns in an hour or boasting an in-house lab to save time and visits, staff are able to transform an entire mouth in the same day.

"Within 3-4 hours, a patient can walk out with a set of permanently secured teeth that they haven't had since they were 16 years old," he says. "When you fix someone's teeth, everything in their life starts to shine."

Visit shinedental.ca for more information.

WE WANT IT TO BE A RELAXING, ALMOST SPA-LIKE EXPERIENCE

- Dr. Brent Wong, Shine Dental

An initiative that gives back

Shine The Light Initiative is a volunteerrun, non-profit organization founded by Dr. Brent Wong and his wife Wendy. To date, the organization has made 35 trips in 12 years — focusing recently on the north shore of the Dominican Republic.





Thank you

for another huge honour!

We are humbled that you trust your smiles to our hands

shine dental.ca



Welcoming residents create warm retirement community

The Wellington, a retirement community by Revera, is a place where comfort and choice are of utmost importance, that residents are proud to call home.

A stately building near the Assiniboine Forest, The Wellington is an established residence with a long history and reputation of excellence. Boasting large well-appointed apartments with full kitchens, The Wellington supports gracious living with flexible dining and menu options. Physical, social and cultural programs are stimulating and offer the opportunity to create new friendships.

A sense of community is fostered at The Wellington with friendly residents welcoming new folks moving in. The Resident Council plays an important role by introducing new residents to their neighbours at a special monthly tea.

"Staff are well trained and many have worked at The Wellington over 15 years," said Geri Lowe, senior executive director, who has managed The Wellington for 28 years. "Their commitment to the community is exceptional as they provide personalized service."

Owned and operated by Revera, the company is focused on providing excellent and progressive service, supported by research and innovation.

In 2015, Revera and The Wellington partnered with Reel Youth, for an intergenerational initiative, bringing together older Canadians and youth. Compelling short films were created which touch on Revera's commitment to combatting ageism. See these inspiring films at ageismore.com.

Addressing ageism is a priority for Revera. In 2016 Revera and the Sheridan Centre for Elder Research launched the Revera Report on Ageism: Independence and Choice As We Age. An interesting finding in the report is that ageism is the most tolerated form of social prejudice in Canada compared to racism and sexism. The report also discovered that many well-intentioned Canadians are in fact depriving their elders of independence and choice, which are crucial to aging well. The



CONTRIBUTED

report accompanies the launch of the Revera Innovators in Aging Program, a \$20 million commitment to bring promising innovations to the forefront, supporting seniors in maintaining their independence.

"We invite you to check out the report, and an accompanying video featuring residents of The Wellington and Hazel McCallion, Revera's 95-year-old chief elder officer and former mayor of Mississauga, Ont.," Lowe said. Check out ageismore.com to view the report and videos.

To learn more

For more information about Revera and The Wellington, go to reveraliving.cam/wellington.



revera.

Retirement Living

Thank You!

For voting The Wellington by Revera as the Best Retirement Community in Winnipeg. We invite you to join us for a tour of our beautiful community and enjoy a taste of our seasonal menu prepared by our professional chefs.

Call to book your tour today!

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Family-owned shop offers 'complete RV experience'

The more things change the more they stay the same at Transcona Trailer Sales Ltd.

The business may have moved and expanded a few times over the years, but one thing has never wavered — they've been proudly family-owned and operated since opening their doors 54 years ago.

"Instead of being a big corporate company that's driven by numbers, we're more driven to keep our customers here and keep them happy," says Travis Bromley, whose late grandfather, Fred Bromley, first opened the shop. "My dad and uncle have been working here since then, and now myself, my brother, and my two cousins are here too."

Transcona Trailer Sales Ltd. specializes in RVs, trailers, motor homes, fifth wheels, travel trailers, and Arctic Cat Snowmobiles, ATVs, and side by sides.

With the growth over the years Bromley says the shop, now at 1330 Dugald Road, has the space to offer the "complete RV experience", including not only new and used RV sales, but also service, parts, and accessories, as well as a large indoor showroom, and even a secure RV storage facility.

"We'll keep expanding and keep growing, but we'll always be family owned and we'll always be part of this community," says Bromley. "It keeps us connected, keeps us grounded with our customers, and keeps us able to understand what our customers want."

Go to transconatrailers.com to see all Transcona Trailer Sales Ltd. has to offer.



Travis Bromley from Transcona Trailer Sales Ltd. CONTRIBUTED

Thank you Winnipeg for voting Transcona Trailers Sales as the Winners of the Best RV/Trailer Dealer'

IT'S BACK!! THE PRIME TIME SALES EVENT IS BACK FOR ONE MONTH ONLY!



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32' Bunk Bed Layout

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37' Trailer
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The Prime Time Sales Event. It is now the Prime time to buy in 2016 at Transcona Trailer Sales.

With Rebates from our factory's this month and still more than half the summer to enjoy it!

Visit us at www.transconatrailers.com to view our inventory!



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EVENTS AND ENTERTAINMENT

WALKING WINNIPEG

Winnipeg is emerging as a walkable city with attractions in close proximity. And with the Winnipeg Art Gallery and the Manitoba Museum hosting interesting exhibitions this season, Tricia Wasney, manager of the Winnipeg Arts Council, suggests making the journey from the Gallery to the Museum on foot, while touring the public art in between.

The Manitoba Museum is celebrating the journey of Winnipeg-born Terry Fox with a comprehensive exhibit Running to the The Heart of Canada, which runs through to Oct.

The legacy of residential schools unfortunately also endures but as Fox showed, the pathway forward is taken one step at a time. The recent Pathways to Reconciliation conference and the current Qua'yuk tchi'gae'win:



Making Good, exhibit hosted by the Winnipeg Art Gallery are two steps forward by the Centre of Truth and Reconciliation. Qua'yuk tchi'gae'win in Anishnaabemowin means "the honour of righting a wrong."

The Gallery has the honour of having works by Carl Beam, Rosalie Favell, Robert

Houle, Alex Janvier, Jessie Oonark, Miriam Qiyuk and Arthur Renwick in its Permanent Collection. Their art will be showcased during Making Good, highlighting the resilience and strength of First Nations, Inuit and Metis peoples.

Steps away from the W.A.G. is city.block.

stop by David Perret, the first stop on the public art walk between the gallery and museum suggested by Wasney. Perret's sculpture is on Portage and if you travel east to Ellice you will see DIY Field by Germaine Koh in Central Park. Further east on Ellice at Donald Street is an untitled mural by the late Winston Leathers viewable on the back of the Burton Cummings Theatre.

Wasney suggests from Donald cross Fort and walk north to Albert and right on Ballantyne to see Posterboards in The Exchange then continue on to the Old Market Square for The Cube.

From Old Market take King via China Town to Alexander Avenue and then right to Main. The Manitoba Museum is just south, across the street from the new United Way Building. A piece by Jacqueline Metz and Nancy Chew titled You You + You is located there featuring a musical interactive piece The Talking Stick.

It's an apt artwork to contemplate the talking still needed and the walks taken to make Winnipeg one great city.

Check out winnipegarts.ca for more info about walking tours and public art.

Harvest Supper

A Celebration of Food, Youth, and Community. THURSDAY, SEPTEMBER 15, 2016

Celebrate harvest time on the prairies with good friends and great fare.

Come for the food — an unforgettable meal created by the chefs of Diversity Foods — and stay for the live music, farm tours, bonfires and agrarian charm.

Proceeds support youth programming at FortWhyte Farms.



Tickets available at fortwhytefarms.com





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Experience farm life for a night at The Harvest Dinner

FortWhyte Alive is celebrating the harvest next month with a fall dinner, which as well as giving Winnipeggers the chance to experience farm life for a night, will raise money for the youth services offered at FortWhyte Farms.

"It's an outdoor dining experience right here on our farm," says FortWhyte's Sarah Carson.
"Our gardens are right nearby, our pasture pigs, bees, and chickens are right nearby, so not only do you get to enjoy a delicious supper, you get to tour around and meet all the animals."People really seem to get a real kick out of that."

This marks the third year FortWhyte has beld the fundraising dinner, with all money going towards its on-site educational farm. The farm with marginalized youth using sustainable urban agriculture to build confidence and leadership skills, provide employment training, and instill values of individual and community self-reliance. "The youth volunteer, they get a healthy snack, they cook in the kitchen, and they also feed the animals and tend to the gardens," says Carson. "So In addition to providing local, organic, and healthy food for our community, all of the farm operations also help underserved youth."

The Harvest Dinner runs Sept. 15, and as well as a meal created by chefs from Diversity Foods using food grown at the farm, there'll also be live entertainment, farm tours, and bonfires. Tickets are \$100 (with a \$55 tax receipt) and can be preordered at fortwhyte.org.

arrive a

The funniest place in the city

The block-and-a-half radius that surrounds the Park Theatre is once again set to become the funniest patch of land in Winnipeg.

The second annual Oddblock Comedy Festival will see more than 50 comics from here at home and across North America performing at over 25 shows held in a handful of venues all squeezed into within walking distance of each other in the South Osborne neighbourhood Aug. 25-28.

"We have the Park Theatre as the hub and then we have five non-conventional venues outside of that that we're repurposing and transforming into performance spaces for the duration of the fest," explains local stand-up comic John B. Duff, who, as well as performing at the festival, is working with Park Theatre owner Erick Casselman and the venue's talent booker Kevin Mozdzen to produce the block party style extravaganza of laughs. "We are a very high-density, very alive fest—there's a buzz in the neighbour-hood—that's what we're all about."

The festival's line-up — which is still growing — already includes local favourites like Chantel Marostica, Jordan Welwood, Jar-

ed Story, and Winnipeg-raised lady of laughs, Aisha Alfa, as well as funny folks from across the continent like Todd Glass, Kate Berlant, and Matt Braunger of MADtv fame.

"Pretty well, the way that we've curated this, it's kind of selfish from our perspective—it's people that we really want to see, people that we love and people that we admire" says Duff. "That's our goal every year, to get these people who are heroes of ours and also showcase some names that you may not have heard of yet but probably should have."

Tickets for individual shows at the Oddblock Comedy Festival range in price between \$5 and \$20, and four-day festival passes are now available for \$60.

Fans of funny can also pick up special V.I.P festival passes for \$120 which give festival goers the chance to skip the line-ups with priority access to all shows, and include goodies like an official festival t-shirt and poster, as well as exclusive access to a performer-only kick-off party. For a full list of shows and comedians, and to order tickets and passes, go to oddblock.ca.



Comedian Chris Cubas performs at last year's Oddblock Comedy Festival. The Austin, Texas-based stand-up will return for this year's festival running Aug. 25-28. DWAYNE LARSON PHOTOGRAPHY



Rumors

Restaurant & Comedy Club



August 18 - August 20

SYLVINCE

HBO's Comedy Def Jam Tours with Damon Wayans Contributor to Chapelle Show

August 23 - August 27

MEME

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September 22 - 24

GREEN

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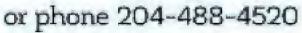
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New York-based stand-up Wil Sylvince returns to Rumor's Restaurant & Comedy Club Aug. 18-20, CONTRIBUTED

Stand-up returns after he 'kind of stole the show'

Wil Sylvince's West Indian Haitian background gives his comedy a unique perspective on political and social issues in the U.S., but when the Brooklyn-born stand-up comes to Winnipeg don't expect to hear what that unique perspective brings to politics on this side of the border.

"I'll be honest Americans have no idea about other people's politics — we barely know about our politics," laughs Sylvince over the phone from his home in New York, where he's honed his skills over the years in clubs like Comic Strip Live, the Gotham Comedy Club, and Caroline's on Broadway, and now regularly plays host at the famous Comedy Cellar comedy club. "I don't even know if you guys have got a president, a king, an emperor, or a dictator.

"I don't know what's going on in Canada — I just know when I go there I have a good-ass

Sylvince's three-night stint at Rumor's Restaurant & Comedy Club Aug. 18-20 will be the comedian's second time coming to Winnipeg after a successful run of shows opening for comedy heavy weight Marlon Wayans at

Rumor's earlier this year.

Rumor's general manager Tyler Schultz says even though Sylvince, who is also the creator and co-producer of NBCUniversal Short Film Festival, was only on stage long enough to warm up the crowd and bring out Wayans, he quickly connected with the Winnipeg audience, who seemed to be a having just as "good-ass" of a time as the comedian.

"He kind of stole the show," says Schultz. "A lot of people are coming back specifically to see Wil headline his own show this time."

Sylvince has contributed to sketch comedy shows including Chapelle Show and Damon Wayan's The Underground, and has made TV appearances on Comedy Central, HBO's Def Comedy Jam, and Showtime.

Sylvince says his Winnipeg show will be filled with jokes based on his own experiences.

"Just expect to laugh, come out, have a good time and laugh your asses off," he says. "I could talk about anything; just expect to have a good time."

For show times and ticket information go to rumorscomedyclub.com.

Prince William's Range Rover that he drove Prince George home in is up for auction

Your essential daily news

LaCrosse wants to shake stigma



THE CHECKLIST 2017 BUICK LACROSSE

THE BASICS

Engine: 3.6L V6 Power: 309 hp, 37

Transmission:

Eight-speed automatic Fuel Economy (L/100

km): 11.8 city, 8.1 hwy (AWD)

Price: Starts at \$35,445 (before) freight)



LOVEIT

- Handsome design
- Cabin quietness Dual-clutch AWD system

LEAVEIT

- Lack of LED headlights
- Safety feature availability
- Rear seat headroom

Buick overhauls image with good looks



Dan Ilika AutoGuide.com

You'd be forgiven if Buick wasn't the first brand to spring to mind when thinking about luxury vehicles.

That is something Buick hopes to change - and soon. It's already got some momentum going, with the Cascada convertible in the U.S. and Envision midsize crossover signalling the start of an aggressive rollout that will see seven new or refreshed products hit showrooms by 2018. But there may be none more important than the 2017 Buick LaCrosse.

It's no secret that Buick is overhauling its image in an attempt to shed the stigma, at least in North America, of serving society's senior citizenry. To do so starts with good looks, something the new LaCrosse has in spades.

It begins with a new grille design that scales back the toothy grin of old for a more refined shape. The grille is also where the LaCrosse's character lines begin and end, tracing all the way around the full-size sedan to accent its sleeker, elongated proportions. The car itself is only 15 millimetres longer and 10 millimetres wider than the outgoing version, but has a stance

that would lead you to believe otherwise.

The LaCrosse's exterior overhaul was about more than just a new form, though, with a host of changes made to improve its overall function. The car weighs 136 kilograms about the weight of a side-byside refrigerator — less than the last generation thanks to the expanded use of high-strength steel, while outward visibility has been vastly improved thanks to narrower A- and C-pillars.

It's hard to convey an upmarket appearance when so much of a car's interior carries over from more mainstream models, a problem that isn't unique to General Motors, but one that has plagued the automaker for years. Designers set out to change that in the 2017 LaCrosse, with little of the car's interior shared with anything else in GM's vast portfolio.

The new engine features idlestop technology and cylinder deactivation to reduce emissions and improve fuel economy. That means the engine automatically shuts off when the car is stopped, and only runs on four cylinders when cruising at highway speeds. Power delivery is smooth if a little slow at times, while the idle-stop and cylinder deactivation systems work impeccably well, and go virtually unnoticed.

Put the whole package together, and the LaCrosse handles long trips with ease, gobbling up bumps as eagerly is it carves a corner and does it with style. It's not as sporty as the turbocharged Buick Regal, but it's composed and capable of providing at least some level of engagement.

How the gaming industry is making driving more fun



Sami Haj-Assaad AutoGuide.com

lmagine if cars were just made for transportation duties. All we would see on the roads are boring boxes on wheels. Fortunately, that's not the world we live in, and car designers have made sure that our cars are fun.

That fun can be found in the exterior appearance, the performance and the handling, but automakers are also putting in little games into cars to help

lighten up the load of driving and make it more entertaining. For example, the Nissan GT-R's central display screen features graphics and visuals designed by the same team behind Gran Turismo for Playstation. Here's a look at what some other companies are doing:

Veloster Blue Max game

Many cars are using games to encourage drivers to be more fuel efficient. Hyundai and the earlier iteration of the Veloster had one of the more interesting applications, as there's a

hidden game in the settings that awards points to efficient drivers. Actions like coasting, changing into the correct gear at the right time, and accelerating and braking smoothly would all net points.

Corvette performance data recorder

A cool feature in racing games is the ability to record your lap times and compete against them. Corvettes are starting to incorporate some of that idea with the available Performance DataRecorder, or PDR.

Vision Gran Turismo

If you need any more proof that the world of cars and video games are converging, take a look at the Vision Gran Turismo program. Automakers are creating awesome concepts for the Gran Turismo video game, then making them into real things to display at auto shows and other events.

Some automakers are even using the Vision GT concepts to influence their real cars. This is the path that Bugatti took with their new Chiron hypercar.



The Nissan Concept 2020 Vision Gran Turismo. AZUHIRO NOGIKA-ZUHIRO NOGI/AFP/GETTY IMAGES

34 Wednesday, August 17, 2016 metr@WHEELS

'Race of Champions' heads to Manitoba



LAKEWINNIPEG

Winter sport driving coming to Canada

Previously only offered in Sweden, the AMG Winter Sporting Driving Academy is heading to Canada. Enthusiasts will be able to experience a selection of AMG models on the icy surface of Lake Winnipeg in Gimli, Man. During the program, Lake Winnipeg will be transformed into what AMG calls an "uncompromising, frozen terrain where adrenalinecharged curves and apexes modelled from world-famous racetracks will be recreated in milled ice." Participants will gain valuable experience with controlled driving safety and dynamics that will culminate in a "Race of Champions." JASON SIU/AUTOGUIDE.COM.



SELF-DRIVING

Tesla may go fully auto

The next-generation Tesla
Autopilot will receive upgrades in the hardware department. According to a
report, Tesla Autopilot 2.0 will
feature new hardware that
includes a new sensor suite
to enable level 3 autonomous
driving, and potentially level
4 fully autonomous driving.
JASON SHU/AUTOGUIDE.COM



DEPRECIATION

Colour boosts car's resale value: Study

When it comes to a car's resale value, brighter and more unusual shades like orange and yellow actually hold their value better, a new study says. And before you think that's because orange and yellow are typically reserved for luxury and exotic vehicles, the two shades had the least depreciation across virtually all body styles and market segments.

JASON SIU/AUTOGUIDE.COM

DESIGN FISKER GETS A REFRESH, NEW NAME

Fisker Karma reborn as Karma Revero

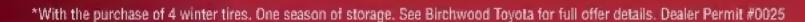
The new Revero from Karma Automotive, formerly known as Fisker Automotive, has been fully revealed. While it is being touted as a new car, the Revero is in reality a refreshed version of the Fisker Karma, launched back in 2011. Karma Automotive was created from the ashes of bankrupt Fisker when the company was sold to China's Wanxiang Group. Updates to the car include an improved solar roof for collecting energy, an all-new infotainment system and a set of handpainted badges. Karma didn't reveal all of the details, though a count down on its website suggests that the car will be fully unveiled on Sept. 8. STEPHEN ELMER/AUTOSUIDE.COM

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"How much did they charge you bro??" Irish boxer Michael Conlan tweeted at Vladimir Putin after his questionable loss to Vladimir Nikitin



Canadian blur — Andre De Grasse of Markham, Ont., was the fastest man in qualifying for the 200 metres (20.09) on Tuesday. MARK BLINCH/COC/THE CANADIAN PRESS

Cushy landing — Christian Taylor of the U.S. won gold in the triple jump (17.86 metres). ANTONIN THUILLIER/AFP/GETTY IMAGES

Strong finish — Oakville, Ont.'s Adam van Koeverden won the consolation final of the men's single kayak 1,000 metres, BUDA MENDES/GETTY IMAGES

Clutch throws — Sandra Perkovic of Croatia escaped early elimination twice before producing last-ditch throws the longest 69.21 metres to win the women's discus. FRANCK FIFE/AFP/SETTY IMAGES

Swedes not sour — Sweden advanced to the gold-medal match in women's soccer by beating host Brazil 4-3 in a penalty shootout following a scoreless draw.

SILVIA IZQUIERDO/THE ASSOCIATED PRESS





Drouin leaps atop podium

RIO2016

High jumper is the first male Canadian to win gold medal

A face slap or two and then a bounding run, a moment of spring upwards and a contortion backwards over the bar. That's how it worked Tuesday for Canada's Derek Drouin from his opening height of 2.20 metres that's well above a standard doorframe - to 2.38.

That's where he won his second Olympic high jump medal — this time gold.

All 15 men in the final cleared the opening bar but by the fifth height, 2.36 metres, there were only six men left. Even Drouin - who is known for being calm and betraying little emotion in competition looked thrilled to have cleared it.

When the bar jumped to 2.38 metres in the next round he knew he had a medal - it was just a question of colour - and he soared over the height, clearing it on his first attempt just as he had every other one.

Then he had to wait.

Qatar's Mutaz Essa Barshim and Ukraine's Bohdan Bondarenko both missed their first two attempts on the height.

Bondarenko, playing a game of chess as well as high jump,

skipped the next jump moving the bar to 2.40. He missed leaving him with the bronze and Barshim the silver.

Four years ago. under a different set of bright Olym-

pic lights, Drouin was the only Canadian to win a medal in all of athletics. This time he came as a headliner on the deepest track and field team Canada

has ever had. Even before 26-year-old from Corunna, Ont., start-

Drouin's winning

jump, in metres

ed jumping, Canada had already doubled its London total with bronze medals won by Brianne Theisen-Eaton in heptathlon and Andre

De Grasse in the 100 metres — with several strong medal contenders still to come.

Drouin is the first male Canadian athlete at the Rio Games to win a gold medal. He joins swimmer Penny Oleksiak and

trampoline gymnast Rosie MacLennan.

It seems natural, likely even, that the reigning world champion in an event would win an Olympic medal the following year but

Drouin always maintained his past achievements would mean little here.

"I don't get any extra points for having done that," he said,

of his gold at the 2015 Beijing world championships and bronze from the 2012 London Olympics.

"It's just show up on this day and try to be the best." TORSTAR NEWS

SERVICE



SOCCER

Canada denied upgrade of 2012 bronze

The Canadian women soccer team will look to defend the bronze it won four years ago in London after its bid to rise up the Olympic podium was derailed by Germany in a 2-0 semifinal loss Tuesday.

Goals by Melanie Behringer and Sara Daebritz on either side of halftime dashed Canadian dreams of reaching the final as the second-ranked Germans efficiently ended the Canadians' four-game win streak. Down 2-0 after 59 minutes, Canada came on in waves but was unable to

make ground before a sparse crowd at Mineirao Stadium.

Once the final whistle blew, tearful Canadian players were left to console each other on the field.

crap right now,"

said midfielder lesse Fleming. "I wanted to

win a gold medal. But we're going to win bronze ... It sucks." The Germans defended in

"It feels like right now. I wanted ranked Canto win a gold medal. Jesse Fleming

It feels like crap

will rue the opening goal in the 21st minute, a needless penalty conceded on a Kadeisha Buchanan slid-

ing tackle. But Buchanan, who

numbers, with goalkeeper

Almuth Schult a formidable

barrier, and then looked to

field.

counter-attack

or just hammer

the ball down-

adian women

The 10th-

plays a take-no-prisoners kind of game, had to cover a lot of ground just to get to the German as the Canadian defence was caught short.

The Germans will play No. 6 Sweden in Friday's final at the storied Maracana in Rio. The Swedes defeated No. 8 Brazil 4-3 on penalties after the game ended 0-0 following extra time.

Canada made history earlier in the tournament by defeating Germany for the first time after 12 consecutive losses.

THE CANADIAN PRESS

RIO in brief

Biles wins floor exercise to capture fourth gold medal

Simone Biles closed her Rio Olympics with more gymnastics gold.

Biles won the floor exercise Tuesday for her fourth gold of the Games - only the fourth Olympic gymnast to do so.

She added a bronze in the balance beam Monday in what marked the first day of a Summer Olympics since 2008 the United States didn't win a gold medal. THE ASSOCIATED PRESS.

Police find no evidence to prove robbery

Police investigating reports that American swimmer



Ryan Lochte GETTY IMAGES

Ryan Lochte and three teammates were robbed at gunpoint so far have found no evidence supporting the account. Lochte insists

he has been upfront about what happened. THE ASSOCIATED PRESS

Olympic silver medallist Juan Martin del Potro will return to the U.S. Open for the first time in three years after receiving a wild-card invitation

Harrison digs his heels in amid doping probe

NFL

Steeler says he won't answer questions, does not want ban

Pittsburgh Steelers linebacker James Harrison doesn't want to face a suspension. He is also not interested in talking to NFL representatives, either.

The NFL's senior vice-president of labour policy and league affairs, Adolpho Birch, sent a letter Monday to the NFL Players Association detailing a plan to indefinitely suspend Harrison, Clay Matthews, Julius Peppers and Mike Neal if they don't speak with the league by Aug. 25 as part of its investigation into an alleged link to performance-enhancing drugs.

The players' punishment would end at the discretion of Commissioner Roger Goodell once interviews are completed, according to the letter obtained by The Associated Press.

Harrison said he isn't interested. "I'm not going to answer questions for every little thing that some Tom, Dick and Harry comes up with," Harrison said. "If that's the case, somebody can come out and say that James Harrison is a pedophile. (Are) they going to suspend me and put me in an investigation for being a pedophile just because



Steelers linebacker James Harrison doesn't want to be investigated solely based on what he says is hearsay. Justin K. ALLER/GETTY IMAGES



(Are) they going to suspend me and put me in an investigation for being a pedophile just because somebody said it?

Pittsburgh linebacker James Harrison

somebody said it?"

Harrison said he doesn't want to be suspended, but he is prepared to take the situation as far as New England Patriots' quarterback Tom Brady, who fought his four-game "Deflategate" suspension for 18 months — nearly to the U.S. Supreme Court — before deciding to no longer proceed with the legal process. His suspension begins next month.

"When it comes down to it, I want to play, but it's certain rules and things they need to go through that they didn't even go through just to start an investigation," Harrison said at training camp. Harrison said in June he would only agree to an interview if it were at his home and Goodell was present. He extended his invitation again on Tuesday.

"Like I said before, " Harrison said. "Come to my house. Bring Roger with you."

Harrison said he would "lean in the direction" of speaking with the league if the Steelers suggest an interview because he doesn't want to let his teammates and the organization down. "I'll have to deal with ORIGIN

The NFL first notified the four players on Jan. 11 about the investigation into a report by Al-Jazeera including allegations made by Charlie Sly, who worked as an intern at an anti-aging clinic, about the use of PEDs by several athletes, including the four linebackers. Sly later recanted his claims.

Retired quarterback
Peyton Manning was also cited in the report, but the NFL cleared him after a separate investigation in which the Broncos star granted interviews and provided all records sought by league investigators.

that when the time comes," Harrison said. Steelers coach Mike Tomlin said he is staying out of it.

"This has nothing to do with us," Tomlin said. "This is between him and the (NFLPA) and the league. I assume that he is going to do what he needs to do."

Goodell's power to punish players has been an increasingly difficult issue between the NFL and the union in recent years, highlighted by the Brady case and that of Vikings running back Adrian Peterson, who fought his suspension over allegations of child abuse. THE ASSOCIATED PRESS

BASEBALL

Goldeyes stage epic comeback vs. Saints

TUESDAY at Shaw Park





Well worth the wait, the Winnipeg Goldeyes mounted a colossal comeback with 10 unanswered runs, capped emphatically by a towering 10th-inning Josh Romanski walk-off home run just inside the pole in right to give the Fish an 11-9 victory in the first game of a doubleheader over St. Paul Saints.

Following a double-washout of previously scheduled games, the Winnipeg Goldeyes and their perennial rivals from St. Paul began a bout of five games in less than 48 hours Tuesday night.

Emanating from a game back on July 20, the Goldeyes and Saints worked to make up Monday night's rain-post-poned doubleheader with a 5:30 p.m. start Tuesday, and based on the recent luck between the two North Division foes, it was to the surprise of few the game went to extras.

Trailing 9-1 in the sixth, the Fish began a charge of scores in three-straight innings including a five-run eighth where the game's tying run came via a pair of wild pitches from Saints reliever Caleb Theilbar that scored Josh Romanski from second base.

And it was Romanski who proved to be the difference once again in the extra frame as his fourth RBI of the game won it for the Goldeyes. The 29-year-old's eighth home run of the season made it a 4-for-5 day at the dish with a pair of doubles.

Fighting the schedule, the Goldeyes (47-32) led the Saints (54-26) 3-1 in their second game at press time Tuesday night, and will work to make it five games in less than a 48-hour stretch with another doubleheader at Shaw Park on Wednesday before Thursday's 11 a.m. matinée. DARRIN BAUMING/FOR METRO

SOCCE

Ex FIFA president Havelange passes

Joao Havelange, who as president of FIFA for two decades transformed soccer's governing body into a multibillion-dollar business and a hotbed for subsequent corruption that damaged its reputation, has died. He was 100.

Havelange, who was suffering from a respiratory infection, died early Tuesday while Rio de Janeiro was hosting the Olympic Games, according to the Samaritano Hospital.

In 2009, Havelange led off Rio's bid presentation to the International Olympic Committee in Copenhagen by inviting the members to vote to "join me in celebrating my 100th birthday" at the 2016 Games in Brazil.

The Brazilian flag was lowered to half-staff at Olympic venues and the IOC said its "thoughts are with the family and loved ones" of Havelange. FIFA President Gianni Infantino lavished praise on Havelange, saying the "whole football community should be grateful" for his contribution.
THE ASSOCIATED PRESS

CFL

Calgary defensive pair traded to Riders

The Saskatchewan Roughriders acquired defensive backs Fred Bennett and Jeff Hecht from the Calgary Stampeders for two negotiation-list players Tuesday.

The six-foot-one, 197-pound Bennett is in his fifth CFL season. He had 166 tackles, 10 interceptions and seven forced fumbles in 73 regular-season games with Calgary.

The five-foot-nine, 205-pound Hecht, an Edmonton native, began his CFL career with Montreal in 2011 but was in his fifth



Fred Bennett GETTY IMAGES FILE

season with Calgary. He accumulated 50 tackles and 37 specialteam tackles in 73 regular-season contests with the Stampeders. THE CANADIAN PRESS Former Butler star Joel Cornette dies aged 35

IN BRIEF

Joel Cornette, who helped Butler make the transition from a traditional midmajor program into a surprising power in college basketball as a player, died Tuesday in a Chicago apartment. He was 35.

Cook County medical examiner's office said after an autopsy Tuesday that the cause and manner of death were pending further studies.

metr@sports 38 Wednesday, August 17, 2016



COLLEGE FOOTBALL GAMES THAT MUST NOT BE MISSED

If you can only watch five games this college football season, well, you should probably consider changing jobs or something because that is no way to live. If that truly is your plight, though, we're here to help. Out of the more than 700 FBS regular-season games scheduled to be played this year, these five will have the greatest impact on which teams reach the College Football Playoff.



Oklahoma vs Houston

The "neutral site" is about a 10-minute drive from the Cougars' campus, but expect plenty of Sooners support at the home of the NFL's Texans. The stakes are high for the Sooners, but Oklahoma can slip here and recover to make the playoff. This non-conference game makes the list because of its importance to Houston and the American Athletic Conference. If Tom Herman, above, and his team pulls the upset, it could vault the Cougars and by extension the entire AAC into the playoff conversation. At NRG Stadium in Houston, Sept. 5



2 Clemson at Florida State

The winner of this game has won the last seven Atlantic Division titles and as Jimbo Fisher and Dabo Swinney have grown their programs into national title contenders, it has become one of the most significant rivalries. In each of the last three seasons, the winner has gone into the postseason with a chance to win the national championship. There is a possibility both the Seminoles and Tigers could be playoff teams in 2016, but only one can win the ACC and this showdown in Tallahassee could end up being a playoff elimination game. Oct. 29



Alabama at LSU

Since the Tigers' 9-6 Game of the Century victory in 2011, the Crimson Tide has won five straight in the series. As Ole Miss can attest, beating Alabama does not guarantee an SEC West championship. But no SEC West team has won the division in college football during Nick Saban's time at Alabama without beating the Tide. Can Alabama's defence derail a second consecutive Leonard Fournette, above, Heisman Trophy campaign? Can the Tigers keep the Tide from a third straight. playoff appearance? Nov. 5



Stanford at Oregon

The Ducks (two) and Cardinal (three) have won all the Pac-12 titles since the conference broke into divisions in 2011. The twist last season was Oregon won the head-to-head meeting and probably spoiled Stanford's playoff hopes, though the Cardinal still went on to win the conference. The Pac-12 could be looking at another season with a two-loss champion. And Washington might very well have a say, for once, in who wins the North. But until proven otherwise this is the Pac-12's most important and, above, exciting game. Nov. 12

Michigan at Ohio State

Michigan State fans, feel free to feel a little slighted — the Spartans have won two of the past three Big Ten titles, after all. That said, the second showdown of Jim Harbaugh, right, and Urban Meyer sets up to be the first of many to decide the Big Ten East, and send the winner to Indianapolis looking to win not only a conference title but a spot in the playoff.



THE ASSOCIATED PRESS/ **GETTY IMAGES**



CHAMPIONS LEAGUE PLAYOFF

Aguero's scores 3, leaves 2 on the table

Sergio Aguero hit a hat trick after failing to score from two early penalties as Manchester City thrashed Steaua Bucharest 5-0 in the first leg of their Champions League playoff on Tuesday, virtually assuring a sixth straight season in the group stage.

On a night when City's movement and speed of passing bewildered its Romanian opponent, Aguero had one spot kick saved and saw another clip the bar either side of David Silva's **opener**. THE ASSOCIATED PRESS



Sergio Aguero GETTY IMAGES

IN BRIEF

Spurs' Lloris out 4 weeks

Tottenham goalkeeper Hugo Lloris will be out for around four weeks with a left hamstring injury sustained on the opening weekend of the English Premier League season.

Tottenham gave the prognosis on Tuesday after Lloris had a scan on the injury.

Lloris, who is Tottenham's captain, left the field in the first half of the 1-1 draw at Everton on Saturday.

THE ASSOCIATED PRESS

Kerber eyes Serena's spot

Angelique Kerber has a chance to become No. 1 at the Western & Southern Open in Mason, Ohio.

Two-time defending champion Serena Williams pulled out with an inflamed shoulder, making it possible for Kerber to overtake her in the rankings. She would move up to No. 1 by winning the tournament.

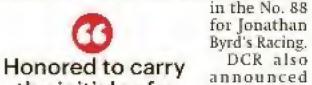
Williams has been in the top spot for 183 consecutive weeks, the second longest such stretch in WTA history. THE ASSOCIATED PRESS.

Coyne to honour fallen racer Clauson

Dale Coyne Racing announced in the Indianapolis 500 in May

Tuesday that Conor Daly will drive the No. 88 in Sunday's IndyCar race at Pocono Racethe memory of Biyan Clauson.

died Aug. 8 from injuries sus-



the initials of a way to honour legend on the side of our car this Clauson, who weekend. Let's ride. helmet will

Conor Daly via Twitter

DCR also announced that Pippa Mann will drive the No. 19, and her have the "BC Still Chasing

tained in an open-wheel acci- 200" logo on it in Clauson's dent in Kansas, finished 23rd honour. THE ASSOCIATED PRESS

RECIPE Watermelon Pizza



Ceri Marsh & Laura Keogh For Metro Canada

With temps soaring, this fresh fruit version is the only pizza you should be making this week. Feel free to mix up the toppings any way you like, just don't skip the syrup!

Ready in 10 minutes

Prep time: 10 minutes

Ingredients

- 1 medium watermelon, cut. into 4 discs
- · 2 cups Greek-style yogurt
- fresh blueberries
- fresh strawberries

- fresh raspberries
- · fresh mint
- maple syrup

Directions

 Carefully slice watermelon. into dises about 1-inch thick. Then cut each disc into 4 slices, pizza-style. Arrange watermelon slices on a plate.

2. Spread the yogurt evenly across the meat of the melon. Sprinkle with blueberries, slices of strawberries, raspberries and fresh mint. Drizzle with maple syrup.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. RIO 2016: Golfer's prop 5. Records 10. Half 14. "The Perry _ Show" 15. Take ___ trip (Travel alone) 16. "BC's opposite is known____,* ...said the dates expert 17. Cajole 18. RIO 2016: Barry Manilow song sharing the name of Rio's famous beach 20. Deep down 22. RIO 2016: Stuff in the pool

23. Explosive stuff 25. WSW opposite 26. Duck

29. Victorian 31. Canadian songstress Ms. Jordan 35. Madonna

movie role 36. Viewpoint 40. Waste

41. Batch

42. Li'll diagram 43. Yore's 'before' 44. "Hold ___ sec..."

45. "C'est la _!" 46. Attendee of a concert by the singer

at #18-Across 48. Wealthy dollar armt.

49. Scandinavian story 51. Pine-__ (Clean-

ing brand) 52. RIO 2016: Athletics a.k.a. _ & Field

54. Deplete 57. Chocolate cake ingredient

14 15 17 13 19 20 23 24 30 32 35 35 33 42 44 41 46 45 47 50 54 55 58 60 67 69 86 70 72 73

59. RIO 2016: Track & Field event: 2 wds. 63. RIO 2016: Relay team member in Track & Field 67. RIO 2016: One who gets the crowd cheering in Soccer: 2 wds.

69. _ fruit

70. Dainty 71. _ de menthe 72. Level

73. Low-lying area 74. Flute, e.g. 75. Mind

DOWN 1, 301, fancy-style

7. Movie-watcher's

2. Common _ (Canuck coin bird). 3. Ms. Thurman's 4. RIO 2016: Olympic sport Be silent, to a

musician Volcano in Japan, Mount _

8. "In the Valley of ^ (2007)

9. Architectur-

al base 10. RIO 2016: Fencing swords

11. Mr. Morales Manfred ___ 13. Family suffix

in zoology 19. _ Center (Chicago building) 21. Go extinct: 2 wds. 24. Sits on the throne 26. Check out, into 27. Egg-shaped 28. Courted 30. Danny of "Do the Right Thing" (1989) 32. Fragrance 33. Boom kind 34. Celery _ 37. Ms. Zadora 38. 'Mountain'meaning prefix 39. Sir Isaac _ 47. RIO 2016: Thomas Bach's official gig, for short: 2 wds. 50. Jessica Simpson's sister 53. RIO 2016: Badminton or Tennis need 55. Singer Mr. Mc-Lean, et al. 56. Geometric scarf designer Émilio 58. One giving home help 59, TV cable channel 60. American state 61. Highlander

62. Daybreak, to a

Sound, Ontario.

64. Bee's abode

68. CPR giver

poet

66, Peel

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20 Today's Full Moon could create problems with your kids, or your friends or even a romantic partner. Your best choice is to chill out.

Taurus April 21 - May 21 the demands of home and family versus the demands of your job and your career. (You can't ignore home and family.)

■ Gemini May 22 - June 21 Be careful, because this is an accident prone day for your sign since you or someone else might be distracted. Be calm and be aware.

Cancer June 22 - July 23 Disputes about finances, possessions, debt and inheritances might come to a head today, It's important to know what you really want. before you agree to anything.

Leo July 24 - Aug. 23 Today the only Full Moon opposite your sign all year is taking place. This will create some emotional excitement or tension between you and partners and close friends. (But you still can enjoy this day!)

Virgo Aug. 24 - Sept. 23 Be patient with co-workers today. because the Full Moon's energy makes everyone a bit antsy and easily annoyed. Therefore, stay calm. Be a role model for others.

Libra Sept. 24 - Oct. 23 Don't try to persuade a friend to agree with you today. Just agree to disagree. Likewise, your relationships with children might be challenging because of the Full Moon's energy today. Go slowly.

Scorpio Oct. 24 · Nov. 22 Like Taurus, you feel challenged by juggling the demands of home and family versus job. However, unlike Taurus, you cannot ignore your career, job and public reputation.

★ Sagittarius Nov. 23 - Dec. 21 Avoid controversial subjects like politics, religion and racial issues today, because they quickly will lead to an argument. (Emotions run high during a Full Moon.)

Capricorn Dec. 22 - Jan. 20 Try not to get carried away with disputes about shared property. inheritances and financial matters today, because today's Full Moon is a tough day for having important discussions. Easy does it.

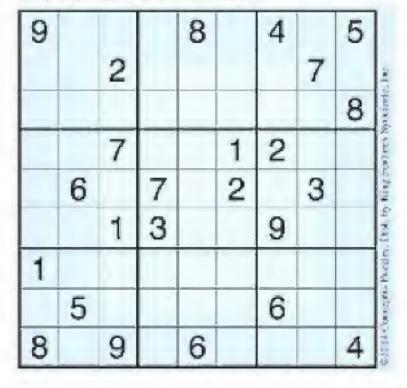
Aquarius Jan. 21 - Feb. 19 Today the only Full Moon in your sign all year is taking place. Naturally, this makes you more emotional, which can rebound off close friends and partners. Oh well.

Pisces

Feb. 20 - March 20 Issues at work and conversations with co-workers might be frustrating today because of the Full Moon energy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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YESTERDAY'S **ANSWERS**

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

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